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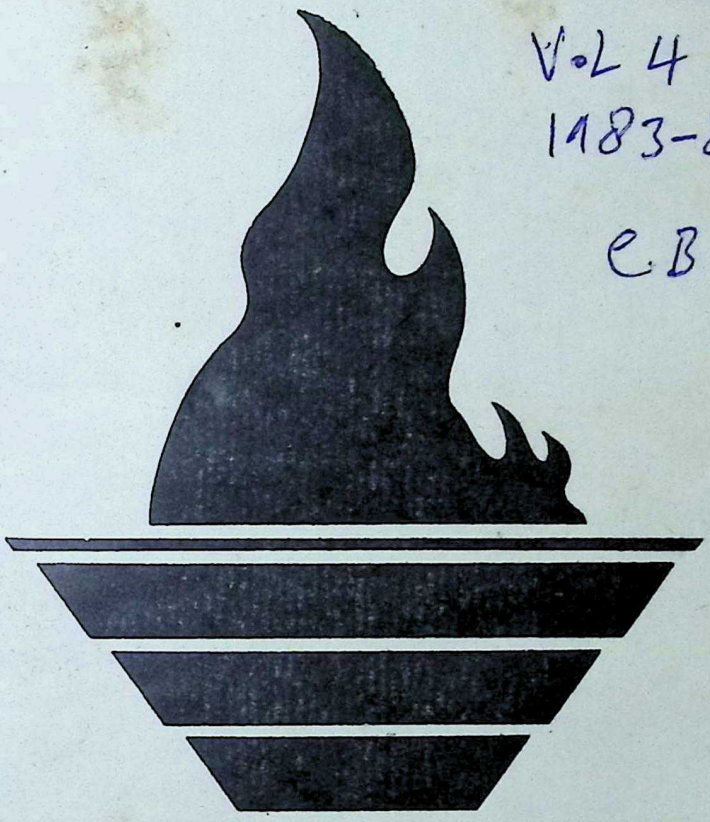

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Satsang

June 1983 New Era 40 Vol. IV, No. 1

REVELATION

VASANT

* A RING BEGINS TO FORM AROUND URANUS. THIS HAS DELETERIOUS EFFECTS ON SOVIET UNION.
* DEADLY FUMES ARE SOON FOUND TO BE EMITTED FROM THE SOIL IN ONE PART OF SOUTHERN EAST GERMANY. THIS SIGNALS THE BEGINNING OF THE END.
* SOME DISTURBANCE IS OCCURING IN THE PACIFIC. SOME NAVY RESEARCH TEAM DISCOVERS THIS FROM U.S. AND REPORTS SOME BIG WHIRPOOL THING THAT IS SUCKING IN SHIPS THAT PASS THROUGH THIS AREA ON THEIR COURSE. IT IS LINKED TO POLLUTION ON THE EARTH AND SOME DISTURBANCE ON THE MOON.
* A NEW CRATER IS CREATED IN NEW ZEALAND. IT IS FROM A STONE LAUNCED BY PARASHURAMA.
* MUCH OF AFRICA AND THE MIDDLE EAST WILL NOW BE DESTROYED.
* NEW STRAINS OF DISEASE APPEAR WITHOUT CURE. IT IS ONLY AGNTHOTRA AND HOMA THAT WILL HELP.
* SOUTH AFRICA WILL SOON BE IN TERRIBLE STRAITS.
* TIME DISPLACEMENT OCCURS SHORTLY
* AMERICA, NORTH AND SOUTH WILL BECOME PLACES OF PILGRIMMAGE.

(US Satsang, Vol. XI, No.1, May, 19, 1983)

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SAPTA SHLOKI—Verse 7 Commentary by Vasant

Yajnya Daan Tapa Karma
Swadhyaya Nirato Bhawet
Esah Ewahe Shrutyuktah
Satya Dharma Sanatanah

Purport: Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

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Commentary: **YAJNYA**— Only way out

YAJNYA is the ancient process of purification of the atmosphere through the agency of fire. **YAJNYA** is a great material aid to peace and prosperity on earth. **YAJNYA** comes from the science of bioenergy given through the Vedas. Practice of **YAJNYA** helps keep the energy cycle of the planet in harmony. When **YAJNYAS** go into oblivion the energy cycle of the planet gets disturbed.

YAJNYA gives nourishment to plant life. Medicinal herbs deprived of atmospheric nourishment consequent on non-performance of **YAJNYAS** or wrong performance of **YAJNYAS** suffer in their curative properties.

'(Owing to non-performance of duties enjoined by the Vedas) we do not get timely rains or receive untimely showers or face drought or floods; seasonal cycle is disturbed, water resources get dried up, natural properties of medicinal plants deteriorate and the populace is ruined.'

—Charnak's treatise on Medicines-Vimas

'All the offerings to fire should be of good quality and without any deterioration. If a plant or a herb it should be freshly picked; if it is rice it should be from paddy could still be used as seed. All the offerings must be in healthy condition to produce requisite effect on the atmosphere.

'The Ayurvedic system of medicine mentions Homa (sacrifice) as a treatment for dise caused by **DAIVA**, unknown or nonphysical causes. It is known as **DAIVA VYAPARAYA** therapy. Cow's ghee and some fragrant substances are offered to fire among chants of particular mantras, as a remedy'.

(Grace Alone by Vasant)

YAJNYA is the alchemy which makes happiness and peace interchangeable te **YAJNYA**, purification of atmosphere leading to purification of mind, diminishing tachment to material possessions. reduction in the wrong pull of desires and tranqui of mind this is how the cycle works.

'Specific **YAJNYAS used to be performed to coincide with the heralding**

'Specific **YAJNYAS** used to be performed to coincide with the heralding of each seas Seasonal change anticipates changes in the atmospheric conditions resulting in proner to disease. Medicinal herbs both domestic and wild, were offered to the sacrificial prepared from wood of chosen species among chants of *Vedic mantras* to produce requisite vibrational

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input. The roots, branches, leaves, flowers, fruits, saplings, aromatic fluids of specific plants constituted the offerings to fire for such **YAJNYAS** formed with the desire of eliminating disease born out of seasonal changes. This is a public health measure, both physical and mental and such a **YAJNYA** was perform by the community. Certain Homas (offerings to fire) were prescribed for minor ailme and certain others for major diseases like tuberculosis. These **YAJNYAS** were perform by the individual.

(**SOMA** cannotes medicinal plants. **SOMA** is the king of such plants. **SOMA** covers domestic and wild medicinal plants.

The heralding of each season brings in its wake disease and hence all such **YAJNYAS** should be performed in every season with medicinal plants as the offerings to fire. The disease disappears as medicinal plants are offered to sacrificial fire in a **YAJNYA.**

He who spreads the medicinal plants on the sacrificial altar is blessed with the fruit

(Grace Alone by Vasant pp 30-31. Published by Fivefold Path, Inc. Printed by Agnihotra Press Inc.)

Following are some of the species of wood prescribed for special effect on the atmosphere and therefore the mind:

Butea Frondosa (Butea monosperma)
Prosopis Specigera
Ficus Glomerata
Mango
Ficus Religiosa
Ficus Bengalensis
Acacia Catechu
Aegle marmelos
Sandalwood

Offerings to fire consisted of combination of various articles depending on the purpose of the **YAJNYAS** and the season. Broadly they may be classified as under:

a) Medicinal plants, herbs, sapling, aromatic fluids.
b) COW's ghee, milk, cereals, etc.
c) Payas, sugar based preparations.
d) Aromatic and spicy articles.

HOMAS were also performed on the full moon day and no moon day of each month to coincide with atmospheric variations.

YAJNYA gives healing properties to the atmosphere. Therefore **YAJNYA** is a great material aid to happy life on the planet.

(To be continued)
(US Satsang Vol. V)

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TOTAL LOVE PARENTING AT AGNIHOTRA UNIVERSITY — Part III

Noni Ford, USA

In previous issues of *Satsang,* Total Love Parenting was introduced as the parenting model which incorporates parenting skills and practices to assist families in living together more harmoniously. Parents experiencing difficulties in addressing day-to-day situations, problems and crises confronting their families are finding, in TLP, skills which help family members communicate with each other. TLP maintains a list of seven basic rules which parents are instructed to learn and practice.

Seven Rules of Thumb

-Do not find fault with others
-Use your power to discriminate between right and wrong
-Do not look for the fruit of your own action
-Be single-pointed
-Think something good
-Say something good
-Do something good

Following these seven rules enables parents to adopt the ever-positive mind-set required by Total Love Parenting. TLP also incorporates the practice of Homa - a process of removing tension from the atmosphere and from the mind through the use of fire. In families where Homa, followed by meditation, is performed daily as the occasion around which the family gathers, communication, both verbal and nonverbal, is enhanced and an atmosphere of acceptance and encouragement is maintained.

Parenting Skills

Armed with the positive attitude and atmosphere, families then turn to TLP skills in order to address specific situations which arise in day-to-day interactions, Skills are simple, logical and sequential, Parents are instructed to master one skill and then move to the next. TLP skills are used in the context of showing understanding. That is, in order for communication between family members to take place, TLP teaches people to show understanding - to let others known that you hear them and understand what they are saying and trying to do.

Showing understanding is a skill basic to most parenting models. TLP expands the concept by teaching parents to show understanding of the good qualities in their children and in the family. This model insists that parents use looking for the good as the primary objective. Parents are taught to identify what is good about what their child is saying or doing, first. Then the parent can move on to examine the situation or the behavior in more detail. Whenever parents are confronted by a given situation, no

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matter what it is, they have the option of thinking, 'What opportunity does this situation or behavior present for me to do some positive parenting or to show understanding?'

Just how do you show understanding? TLP offers a series of simple and sequential skills needed to show understanding. The skills, listed below, are described in turn.

TLP Skills

Reflective listening
- simple direct reflection
-simple indirect reflection
-reflection of relationship
-summary
Joining
Reframing
Structuring
Reinforcement
Shaping
Rules, Limits and Consequences

Reflective Listening

Reflective listening is the skill which enables a parent to show understanding by listening and mirroring what the child is saying. It enables the child, simultaneously, to clarify. While using this skill, parents are open and receiving, not telling and instructive as they will be later in the interaction.

Example A
Child : I don't like you anymore.
Parent : Oh, you don't like me anymore.
Child : No. You won't let me go out.
Parent : Seems like you are disappointed because I won't let you go out.
Child : You always treat me mean.
Parent : I think you are disappointed and hold me responsible.
Child : Yes, because I really wanted to go.
Example B.
Child : I don't like you anymore.
Parent : Don't you talk to me that way.

In Example A, reflective listening skills enabled the parent to show that she understood what the child was saying and feeling. It enabled the child to clarify and come to some conclusions on her own about what she was saying and feeling. In Example B, neither the parent nor child were able to understand what the other was thinking or feeling. Neither is likely to feel

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good about the interaction or their relationship.

Joining and Reframing

After moving sequentially from one level of reflection to the next, parents are taught to reflect by joining, the skill which enables the parent to select a thing around which a relationship can be established. Joining lets a parent show that he sees the good in what the child is doing and wants to join the child around the child's capabilities, strengths and competencies.

Reframing is an aggressive form of reflective listening in which the parent changes what the child has said in order to reflect the deeper or more positive meaning which the child may or may not see.

Consider the example below and note how reflective listening skills help to address a very difficult parenting situation.

Example: A teenage boy has missed two weeks of school and his father learns about it via a phone call from the truant officer.

Father: I heard you have not been going to school.

Child: No, Dad, I'm tired of going to school.

Father: It sounds like you don't want to go to school. (Indirect reflection. Father is mirroring what he thinks the child is feeling.)

Child: See, it's like this. I think it's time for me to learn some things about myself and the world. School is a waste of time.

Father: Sounds like you're telling me that you don't want to return to school, and you want my consent to learn on your own. (father is reflecting what he thinks is happening in the relationship between himself and his son.)

Child: Yes. I want to learn but not at school.

Father: First you said you were tired of going to school; then you said school was a waste of time. Now you're saying that you want to learn but you want to learn on your own. (Father has summarized. Now the child is clear that his parent understands what he is thinking and feeling. Father is now in a good position to address issues raised by the situation or behavior.)

Child: Yes. That's how it is.

Father: Well, I am very pleased that you are interested in learning. You always were very curious, inquisitive and very intelligent. (Father has joined son around son's capabilities.) You have not been keeping your commitment to good school attendance, but you are demonstrating your interest in learning. I, too, think learning is important. You are intelligent and you are learning. (Father has reframed the son's actions to reflect the good in what the son is doing.)

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The above example illustrates the various stages of reflective listening. The father is now in a good position to help the son work through what needs to be done to correct the truancy and related issues.

Structuring

TLP views parents as adults who want their children to do the best thing and to do as they tell them to do. It views children as younger people who want to do the best thing and sometimes need assistance and direction in doing so. Structuring is the skill which helps the parent help the child do what the parent wants done. A parent wants, for example, the child's room neat and tidy and so she says, 'I want you to clean your room'. Structuring, however, enables her to say instead, 'I want you to place your shoes under the bed and hang up all your clothes.'

Structuring is the conscious effort to set the environment in such a way that there will be success. Structuring takes into account the possibility of problems arising and, therefore, teaches parents to build into the system whatever is needed to enhance success. In toilet training, for example, parents 1). make the pot available 2). make it accessible to the toddler and 3). reinforce the practice each time the toddler uses the pot. Parents have the power, through structuring, to make a situation with their children successful.

Reinforcement and Shaping

Reinforcement and shaping are very similar. These skills are essential when parents need to reward the effort being made. In the example of toilet training, each time the child uses the pot, the parent praises the child, thus reinforcing the practice. In the example of getting the child to clean the room by placing the shoes under the bed and hanging up all the clothes, may be the child does not do the job completely or may be he doesn't do it well. Shaping enables the parent to reward the effort. In shaping, the parent selects the thing be wants to grow and develop and then mirrors that. TLP says the parent should reward the effort because the effort was in the right direction; it was good and positive. It, therefore, needs to be shaped. Once a parent learns to use this skill, he/she always has the option of saying to a child, 'I see what you are trying to do and I like it.'

Rules, Limits and Consequences

If, after using reflective listening, structuring, reinforcement and shaping, things continue to break down, the parent can use skills related to setting rules, limits and consequences. In every family there are rules. Rules are good because they set limits beyond which members of the family do not go, thus promoting peace and harmony. When, however, someone

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does not follow the rule, thereby exceeding the limit, consequences follow.

Consequences can be viewed in three distinct categories - natural, related and unrelated.

Example: The rule in some families is that the children should try to do well in school.

Natural: Since you do not study algebra each night, you will probably fail and be forced to go to summer school.

Related: Since you are failing algebra, you must stay in your room and study for two hours each night.

(Suppose, however, the child stayed in the room for two hours each night and day-dreamed or played music instead of studying algebra)

Unrelated: Since you are not doing better in school, you will not be allowed to go skating for a month.

Consequences should be corrective and disciplined in nature. Consequences should say to the child, if you follow, you will avoid failure. In fact, you will have good results.

A Final Note

TLP, with its seven rules, Homa and parenting skills, is proving to be an invaluable aid to parents and families. Agnihotra University is providing instruction and certification in TLP. You are invited, therefore, to schedule a TLP Workshop in your area by contacting Agnihotra University, P.O. Box 43288, Washington, D.C. 20009, (202) 797-0877. TLP training and Homa therapy will likely combine to impact on families for years to come.

(US Satsang, Vol. 10, No.21 Mar.17, 1983)

Modern Medicine

Evan Grant, USA

Dear Satsang,

I am a frequent reader of *Satsang*, and I have watched its packaging unfold over the years from a mimeographed sheet to an elegant, self-mailing magazine. Recently an article sparked my interest; it was entitled 'Back to Mother Nature, Natural Hygiene' (*Satsang* Vol. 10, No. 12; Nov. 4, 1982) and was written by Ramesh Lahiri of Calcutta.

What was arousing about the article was its heated denunciation of both the premises and the methods of modern medicine. Later in the same issue

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(as in many previous ones), it was reported that, in Bogota, Vasant stated, 'It is important we go to the scientists....' Is it not possible that scientists in general and perhaps physicians in particular might not find this sort of thing a little perplexing? What is missing here is that modern medicine is a product of these same scientists.

It is true that there is great diversity of opinion and outlook in the field of modern medicine; this is the hallmark of a healthy scientific community. As history has shown, it is far more fruitful to approach such a community with fresh ideas than one which is truly monolithic. Indeed, what binds scientists together, what motivates them is a healthy interest in truth and its application to the problems of health. Condemnation of the medical community will not hasten their interest in Homa Therapy. Already a broad variety of unorthodox phenomena and techniques for healing are being explored and evaluated through modern research. Polemics will not impress scientists; but results will.

The premises and methods of modern medicine criticized in the article mentioned above have achieved their pre-eminence for two reasons; first, because they are rooted in natural law, and second, because they work. They were arrived at by the same attitude to which *Satsang* exhorts us; believe what you experience.

The natural laws manipulated by modern medicine are quite specific, and they were discovered, tested, and verified by trial and error, and while this method is not the only one by which truth may come to light, it is nonetheless valid and does get results. To say that in the process human beings are used as guinea pigs is to misstate the case, for while a great many treatments and therapies are experimental, there are entire universes of diseases and disorders for which modern medicine offers virtual certainty of healing and restored health, Polio, cholera, rabies, smallpox, and a whole host of other diseases have been driven into relative obscurity because of modern medical practice; and in other areas, such as disabling accidents or traumas, a person's chances for survival and return to an active, healthy life have been greatly enhanced. All these were at one time experimental; and nowadays those brave people who underwent experimental treatment for rabies or yellow fever may be seen to have rendered all mankind a great service. But at the time they took their great risk, they could have been described as guinea pigs. Great scientists and healers like Louis Pasteur or Walter Reed were denounced by their horrified contemporaries. But, as it was, they helped refine the fundamentals of that knowledge we describe as science, and they rendered all mankind relief from terrible disease.

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Further, to lambast modern medicine as symptom-oriented is very shortsighted. Beyond the abundant evidence that this approach does work for most of us is the fact that treatment of symptoms requires a knowledge and understanding of causes; and when you get right down to it, this is really onlydealing with karmic causes on a more mundane level than most of us are accustomed to anyway.

Finally, to blame it all on the stresses of modern life - its pace, its pollution, and its complexity - and to indicate vaguely that if somehow all this stuff went away we would all get better, does not contribute anything positive. It does, however, indicate a willingness to assign responsibility for our karmic situation to a source other than ourselves.

Underneath all this, of course, is something more fundamental. It is this same scientific and medical community which will investigate Homa therapy and the natural laws which underlie it, and they will do so using the same methods which gave us modern medicine. Their standards of truth are experience and results. While we already know from our own experience that Homa therapy works, they will have to make their own experiments. Would it not be more fruitful to approach them with results, to regard them as partners in a mutual quest for an end to suffering? Perhaps in that way they might be more receptive.

(US Satsang, Vol.10, No.21 Mar.17,1983)

The High Don't Get Higher

Barry Rathner
Uni. of Pune

We are witnessing a phenomenon today that can be labeled nothing other than grim. Half of the over 2,000 high school students in Allegheny County, PA who were surveyed in 1982 acknowledged having been drunk at least once in the two weeks preceding the survey. In Los Angeles, police estimates of drug usage by students below college level are as high as 60 percent and 'incredibly, 15 to 25 percent of them 'are stoned most of the time', 'according to Deputy Police Chief Lew Ritter.

Shall we go to the countryside and get away from it all? How about Nebraska? There a similar survey showed 70 percent of the 7th through 12th grade students had used alcohol in the previous month and 40 percent

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of them had been drunk in the previous two weeks. So when *Satsang* wrote some years back that pollution and pollution-related problems would create the situation that *there would be no place to hide* perhaps this is what was portended in part.

Maybe if we go a little further away things would be better. How about India? A February 5 report in the *Indian Express* newspaper says, 'A million people in Bombay are living in areas where pollution has reached 'crisis levels'. The damage done to the lungs due to atmospheric pollution during the winter months is equivalent to damage done by smoking two packs of cigarettes daily.' The Indian cities of Bombay, Delhi, Varanasi and Jabalpur all rate about 33 percent of their students as drug addicts.

But then the ultimate is a quote by the president of the American Academy of Pediatrics who reportedly said in December, 1982. that teenage suicide, alcohol and drug abuse 'have grown to such epidemic proportions' that living to adulthood may be 'unrealistic' for many youths (quoted in *Baltimore Sun* January 17, 1983, 'Booze and Drugs Kill Kids'). Is this a manifestation of what was written in *Wholistic Healing* (publishers Agnihotra Press, Inc., 1977) that 'The doctor of medicine has begun to witness one more phenomenon which he politely calls terminal illness?'

Living to adulthood may be unrealistic for many youths! Really! How polite.

It seems that programs designed to inform parents and children of the dangers of drugs and alcohol are a bit late. By now we all know of the dangers of them (not to mention the cigarettes). But obviously many people have decided that the benefits outweigh the risks. That is the real problem. People know no other way of getting high than through drugs or alcohol.

There is another way and it is very cheap, not illegal for persons of any age, much less time consuming and has no side effects. In one word it is *Agnihotra* and since its modern day revival on the east coast of USA in 1972 it is making thousands high twice daily.

Above we intimated that pollution is connected to the problem of drug abuse. What that refers to is a theory from Vedas, ancient most knowledge on the planet, which states that a direct relationship exists among *Atmosphere, Prana and Mind.* What that means in practical terms is that negative effects on atmosphere - i.e. pollution - affect Prana in a negative manner. Prana is the life energy that pulsates in and around us and connects us with the cosmos. When Prana furthermore is affected negatively, mind is likewise affected since one may consider Prana and mind as two sides of the same coin.

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Another way of saying this is pollution causes stress or mind tension. Agnihotra neutralizes pollution thereby relieving stress.

All of the problems so far mentioned are the more dangerous because of the vicious circle aspect of them. Once our power of discrimination is weakened, it leads to poorer and poorer decision-making capability. And on it goes. It is stated that Agnihotra, the five minute 'instant coffee' form of purification of atmosphere, strengthens not only the power of discrimination but the powers of will and action also.

As far as getting high, I know one former drug abuser who stated three years after he began twice daily practice of Agnihotra 'Every experience I ever had with all drugs I used to use, I have had spontaneously with Agnihotra.'

The high one gets from a drug still comes from within a person. The problem is 1) the timing and 2) the attachment that comes from including such highs with drugs. If they come naturally and when we are ready for them then our chances of incorporating them into our lives without attachment and without disruption are much better. Agnihotra is a natural way of getting high.

This is not to say that Agnihotra puts one into a drug-like trance all the time. But it does put us in a deep meditation state and it seems that *every time* it gives at least a great measure of relaxation, concentration and balancing.

It may be said that there is nothing wrong with wanting to be high. What may be wrong is 1) how we go about trying to get high (and stay there) and 2) what we do once we are high.

Service to others is the road to liberation. Loving our neighbors as ourselves will help us want to serve them. Getting high as nature intended us with the healing fire of Agnihotra puts us in touch with that loving energy within ourselves for which all of us yearn desperately.

(US Satsang, Vol.10,No.22,April 7, 1983)

Yoga Preventive Therapy — Know Thyself! Dr. R. Mishra, USA

'Know *that* to be Indestructible - by which all this is pervaded. No one is ever able to destroy that Immutable. Sword cannot pierce It, air cannot dry It. It is Immutable, Imperishable.'... *Bhagavad Gita*.

Life makes an Individual living; absence of Life means death. Light reveals, absence of Light enshrouds in darkness. If a person succeeds in uniting himself with the Source of life and light, and becomes a medium through which these may flow, he is able to restore and illumine himself

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and others. Man's life is inter-related. His physical life is so absolutely dependent on his moral and his spiritual life that unless he pay proper heed to these, he can never hope to be healthy. Whenever we violate the spiritual law and try to find a short cut to happiness. the fibre of our moral being is injured and we begin to feel pains and aches in the physical body. When these conditions continue, and we do not try to remove them, a mark is made on the mind. Doubt, despair, and despondency arise and these react again on the body. The only healing which can be effective, then, will be one which brings a regenerating influence into the mind and restores it to its normal state. There can be pemanent healing only when we turn to the Source of all Supply, which is within. The only true healing is accomplished by contact with the spiritual essence. All real healing is quite involuntary.

It comes from the central reservoir of Life, a reservoir which is temporarily shut off when we live lives steeped in materialism, sense gratification, and egotism. If we then continue to reach to the external world for help, we are only treating symptoms, not causes. When we turn to the internal world and there we touch the reservoir of Life, the storehouse of Vital Energy, all our weakness and disease must disappear. This is acomplished through Self-Analysis, meditation, faith, and devotion.

At every moment we have within us the possibility of health and of ill-health. When we rouse health in ourselves, we only rekindle the fire of Life already there. Though we may obtain help from outside, we can never be permanently healed or helped until we regain knowledge of our own true Nature; therefore, the instruction which is foremost in Yoga Preventive Therapy is 'Know Thyself,' because knowledge of the higher Self is death to all the afflictions of the world. Know that you are that indestructible One, which is Eternal and Changeless, beyond the reach of body, senses, and mind. Your very nature is perfection. It is only due to your own ignorance, produced by your slavery to and identification with wanderings of your mind, that you suffer any limitation and disease.

There are two general methods of self-healing: voluntary and involuntary. The highest and safest method of self-healing is when we do it involuntarily through meditation: that is, we abandon all thought of sickness or health, we lift our mind beyond all mundane things and enter into Divine Presence. When we are able to do this even for a moment, although we may not ask to be restored, yet we are made whole. Through this approach we rise above all our miseries. This means, in very simple words, 'Come out!' For example, if your eyes are inflamed and you rub

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them, they become worse. In the same way, if we dwell on our mental ailments, they become worse. The healing is accomplished by forgetting. The involuntary method of meditation, then, is in forgetting the little self. Action and reaction are the causes of wear and tear on the body and mind. If one can remain active in the world, and yet mentally and spiritually detached, he not only cures himself of all diseases and troubles, but also creates an atmosphere of peace even in the midst of unrest. The nervous disorders which are the main source of disease in our times, are due not so much to our intensity of action as to our lack of understanding and wrong direction of our energy. Meditation gives us balance, in which lies understanding. Thought divides and separates man from man, man from the world around him. The world of material gain, name, and fame is the world of personal thought. In the space which thought creates around itself, there is no love, no peace, no fullness of life. Real strength, real happiness and fulfillment of life exists in contact, union and identity with the Unbounded and the Infinite. Meditation is the union and identification with the Source of all life. It is wholeness; it is also holiness. Meditation and medication both come from the same Sanskrit verb. Medication is healing of the body; meditation is healing of the spirit. Spirit can always transcend bodily limitations. Whenever there is light, there can be darkness. Meditation is the essential element of all healing.

The second method of self-healing is the voluntary approach. Rigid and continual denial of disease, constructive affirmations and concentration of the mind on a counteracting influence are methods of self-exertion. The one danger in using these methods is pride and egotism, 'I am a healer, etc.' Thus very great humility of spirit, surrender to the great healing energy which works through your body and mind, and meditation are also essential in this method of healing. In any practice or technique utilized for self-healing, one should never feel that he is the doer. There should be complete understanding that Cosmic Energy or Nature is the healing Force, and there should be complete surrender of personality in order for this Force to work without the obstruction of personal thought; therefore, before any practice or attempt to use mental force or external means of any kind for self-healing, there should be a moment of silent meditation.

The real principle of treatment is too little known to the world. Symptomatic treatment is going on. Very few pay attention to removing the cause of disease. Symptoms are the prtial manifestation of the disease and not the disease itself. Any disturbance of natural balance is disease. Any disease has two phases: (1) invisible and (2) visible. The first phase is an energy imbalance before it has shown itself in the body tissues or

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processes. In the second phase it is visible in the physical body in a manifested, gross form. The highest art is becoming aware of the first stage disturbance and thus forestalling or preventing the disease from actually happening. The Life Force or Vital Energy is One, but it works by polarity (Prana-Apana, Yin-Yang, Positive-Negative, etc.) When all polar tensions and relaxations work in apropriate rhythm and dynamic balance, then health is manifested.

Yoga psychology teaches you how to heal yourself by your own hormones, how to tranquilize your mind by your own power of thought, how to extract your own hormones from your glands, how to prepare them to heal your mental and physical diseases, and how to develop your body, mind, and senses by them. According to Yoga psychology, it has two functions: Construction and destruction, according to the use made of it. Mental and physical natures are the results of what we have thought. Yoga is the control of the mighty waves of the mind. It is submission of lower desire to the higher. It is mastery of mind. Yoga and moksa (liberation) are the two great stages in which all pains and sufferings are permanently conquered. Yoga is the instrument of liberation.

To successfully learn and apply the principles of Yoga, five things must be considered seriously: (1) Confidence. You have potential for anything. (2) Positive Thinking. (3) Continuous suggestions. Auto suggestion is the greatest energy of all, and it is the greatest of all cures. It can remove any physical or mental disorder. (4) One-pointedness of mind, and (5) Constant remembrance of Eternal Consciousness, which is operating in you through your heart and which is manifested in you as your Eternal companion and Teacher to teach you and to deliver you from all bondages.

Yoga preventive therapy or self-healing is integral yoga. It is the union of physical, mental, and spiritual aspects of being. Thus it is Self-Knowledge. Life is sacred and full of infinite possibilities. We live half-blindfolded due to impulsions from within and compulsions from without. We live the life of the involuntary forces operating through the sub-conscious mind. We planted these thoughts sometime before, which are now our joys and our sorrows. We can master them, for they are our own creations. Success requires: (1) Do not worry! and (2) Practice and renunciation. Practice consists of long and constant effort, regularity of life, great love and great confidence, and firm determination. Renunciation consists of the removal of mental weakness and drawbacks, evil habits and shortcomings.

Agnihotra is a great material aid to achieve this. When we are conscious only of the Infinite One; and when our thought is wrapped in that One

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(God, Brahman, Truth - it has many names), our whole being is flooded with new life and strength.

(Dr. Mishra is an endocrinologist, neurosurgeon and psychiatrist and founder of Yoga Society of New York.)

(US Satsang, Vol.10, No.22, April, 7, 1983)

Fire, the Commandment of the Hour

Adelima Pedroza
Los Angeles, CA

Have you ever tried to get a flight (at a discount mind you) from Los Angeles to San Francisco at 3:00 P.M. on an Easter weekend? Well, fortunately, my sister who was at the office worked this first miracle. My flight was at 7:00 P.M. that evening. and after arriving, I truly understood why I had to be in San Francisco to experience the ritual or experience of 'Agnihotra.' This was Easter 1982.

I have been a student of meditation since I was six years old. I have had the good fortune of sitting at the feet of many Masters, both Eastern and Western for the last 25 years. I have experienced many different techniques of quieting my mind and have even taught others simple meditation. *However, I am sure that there is no easier way to quiet the mind than 'Agnihotra.'* Since that Friday, and all during Easter weekend, we were trained in the ancient techniques of this powerful fire ceremony. What is wonderful about it is that it isn't religion. It is scientific and anyone, be he a Jew, Christian, Hindu, Moslem, etc., can get the benefits from this sacred flame of Agnihotra.

I left San Francisco to fly back to Los Angeles the Monday after Easter Sunday and was determined to keep the fire burning. I was just moving into my new house where I would also be teaching. On the way home for the fire ceremony guess who I should run into at a Sav-On prking lot but 'The Champ' himself Mohammed Ali. So I got one of the copper pyramids and the Agnihotra brochure and presented this to the Champ. And what do you think the first question was when I gave him the material? 'Is this religion?' he asked. We told him it was science. This really reminded me that health and peace of mind do not have to be labeled 'religious,' which unfortunately divides humanity.

I am so thankful to Vasant and David for lighting the way for all of us. I know I must follow the light always.

Patricia Hamilton
Mendocino, CA
U.S.A.

Balanced Energy

Given the special energy from the sun at specific timings coupled with the copper pyramid, chemical properties of dung, ghee and rice, the human connection of verbal energy through Mantra, it is like the whole brought together creates a 'tuning.' The mind through energy vibration is tuned properly allowing natural energy to flow correctly through the mind and body. Thus healing blockages are removed allowing energy to move in the correct manner, much as an engine when properly tuned runs perfectly. If the timing is off the engine does not work efficiently or properly; so with humans. If there are blockages in the mind, emotional as well as physical, then the body does not function properly. If these blockages are removed then the person experiences balanced energy which is a joyful, loving feeling, the perfect natural state.

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From Vasant's Correspondence

You have to rise above these "issues" between you and your husband. All of that is relatively insignificant when you consider all the other levels we exist in. You are getting caught

You have to rise above these "issues" between you and your husband. All of that is relatively insignificant when you consider all the other levels we exist in. You are getting caught in the web of physical reality and only concerning yourself. What one person said and what actions displeased you, well, there is so much more than that in a marriage as in any other relationship or situation. You have to look beyond the disagreements. We should never criticize the other person for his shortcomings. Only concern yourself with your own growth and not with other person. This is not indifference. It is simply practical

You have to rise above these "issues" between you and your husband. All of that is relatively insignificant when you consider all the other levels we exist in. You are getting caught in the web of physical reality and only concerning yourself. What one person said and what actions displeased you, well, there is so much more than that in a marriage as in any other relationship or situation. You have to look beyond the disagreements. We should never criticize the other person for his shortcomings. Only concern yourself with your own growth and not with other person. This is not indifference. It is simply practical as you cannot change another person's behaviour with words and judgements. The only way to effect a change (and even then it is the change they must make, not you) is through purification of atmosphere, through *Yajnya* performed regularly, then purification of thought, word and action, conscious practices of Fivefold Path principles, Daan, Tapa, Karma, and Swadhyaya. *Abolutely refrain from judging the other person, even if you have to say nothing at all, it's better to be silent. When it becomes necessary to speak, then do so with love.*

All this anger is outside and all the love is inside. So now is the time to let it out. Begin in your home.

If anyone says anything bad about you to your face or behind your back, always respond with love. Keep silent and be the strong one. Suppose someone says something bad about you. If you react with anger, then people have reason to believe what has been said is true. Anger reinforces the negative. If you respond with love then people will say, "This bad thing cannot be true of such a nice person."

If someone says bad things about anyone, you can stay away from that person and still be loving toward him. You can protect yourself because we should not turn our ears toward negative talk. Still if you meet that person you can be kind.

Your work is outlined for you. You know what your work is in this life. This is rare to be told as you have been. This in itself is a blessing, for this is Vikarma. Always be grateful.

Now you are progressing. Keep this effort steady. Do all the disciplines as you have been and every area of your life will be touched.

Once you do these meditations every movement is guided. So do them regularly. Then, if you miss a meditation you can sit quietly for a few minutes whenever you realize you have missed it. This will help you to have more clarity of thought. Decisions can always be

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simple.
We cannot have disharmony among ourselves. All of us now must try to do the best we can under all circumstances.

Of course everyone has his karma to work out. *Yajnya* and being guided by a Perfect Master speeds up that Karma.

Do not concern yourself with what others are doing. You be the example.

(US Satsang, Vol. 10, No.22, April, 7, 1983)

Seminar on Christian Education

In Washington, D. C. Vasant was invited to speak before a group of priests of various Christian denominations. Following are extracts from Vasant's speech.

"We repeat in the church at every service the following :
Thou shalt love thy God with all thy heart, with all thy mind and with all thy soul. This is the first and the greatest of the commands. The second is like unto it. Thou shalt love thy neighbour as thyself. On these two hang all the Law and all the Prophets.

If you ask a modern youth he will say, "How can I love God whom I do not know? It is difficult for me to love even something I do know. How much more difficult for me to love something which I do not know? Well, you tell him 'At least you know your neighbour. Start loving him as you love yourself'.

Although you do not know what God is, the Bible tells you what is enmity against God. At least try to get rid of this enmity. 'Carnal mind is enmity against God.' The Fivefold Path of the Vedas is the best aid to get rid of this enmity against God. Again, if you wish to love thy neighbour it means you have to get rid of anger, greed and lust. Without this, how will you be able to love thy neighbout? The Fivefold Path offers you the material and mental aids to achieve this.

When you start talking about the mind you land yourself in the field of applied psychology. Ancient Yoga psychology has many things to offer in this regard. We should keep our minds open and accept knowledge even if it were to come from the moon. Tomorrow if the scientist comes out with a gadgat and tells us, 'Push these two buttons on the left and these three on the top of this computer and the carnality of your mind will go', we should be prepared to test it and give it a fair trial. However, the topmost scientist is now talking the language of the Vedas and says that human intellect has limitations. As science advances, it is becoming more clear that such a machine cannot be produced.

Fifty years ago the scientist used to say, 'We do not know this but one day we will know this. 'The scientist of today says, 'We do not know this, we

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cannot know this.' This is the greatest advance made by science. Another faculty is to be brought into operation if the scientist wishes to make further advance in his field of research. However, you will realise that the Fivefold Path of the Vedas offers the best programme for removing the carnal aspect of the mind.

The Bible also suggests the methodology to establish ourselves in the state of LOVE all the time. The Bible states, 'Be ye transformed by the renewing of the mind'. The mind needs to be renewed. It means new reinforcers are to be introduced and the old ones are to be discarded. This is changing the habit patterns of which we are victims. Agnihotra, based on biorhythms gives a push to the mind to act in the direction of Love.

The message of Jesus is eternal and is not limited to any country or community. A few centuries after Jesus it came to Europe in Greek and Roman garb. The garb was devised to suit the then conditions. If you look to the message in its pristine form you will recoginze that Jesus came to reestablish the Eternal Law given in the beginning. The Fivefold Path of the Vedas is the Eternal Law. Believe what you experience."

FROM A MIND TRAINING CLASS

(US Satsang, Vol.III)

By Ingrid Howard Canada

Following are my notes from one of Vasant's mind training classes given at Charlottesville, Virginia:

AIM:"Be thou perfect as thy Father in Heaven is perfect."
Mathew 5:48

Perfection means total freedom.

This perfection is in this life.

To establish ourselves into the state of "not my will but Thy Will be done" is liberation.

Liberation is from the action reaction syndrome.

Imagine leading a life with control over the physical body, control over emotional outbursts.

REWARD:

Even with a little effort most of the anxieties, tensions disappear.

No more being chased about by a harassed mind.

Assurance that one can rely upon the harmonious functioning of the energy pool in all sorts of circumstances.

Contentment in life, irrespective of what destiny brings forth.

Freedom from fear of disease, old age and death.

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METHOD:

Start AGNIHOTRA, the first aspect of the Fivefold Path. PRACTICE OF AGNIHOTRA REDUCES ALL YOUR EFFORT TO ACHIEVE THE AIM OF PERFECTION IN THIS VERY LIFE.

It is the mind which enslaves us.

A trained mind liberates us from the bondage of desires.

The constant outgoing tendencies of the mind have to be reduced. Agnihotra does this automatically.

Make use of the mind to train the mind.

This is true recollection.

Recollection of our true state.

Desire is a disturbance from this true state.

Agnihotra keeps the energy cycle going. Agnihotra atmosphere nourishes plant life.

The bad effect of heavy doses of insecticides, pesticides on the atmosphere is lessened. This puts a brake on the reproduction of reptiles. This reduces violence.

Agnihotra ushers us into a state of bliss and our anger and greed is reduced.

The practice of the other four aspects of the Fivefold Path become easy and more or less automatic when we start practicing Agnihotra.

Pride is reduced and the spirit of surrender and service to the people is strengthened.

This weakens the links of action reaction cycle as the attachment to the fruit of our action is reduced. This is freedom from the grips of desires.

FIVEFOLD PATH:

Message of hope and freedom.

It is escalating evolution by culturing the mind.

Seals on ancient wisdom are opened.

It is an exact technique to achieve victory over the mind.

The physical body is an instrument to reach higher stages.

The body has tendencies of its own which are acquired by habit.

Train the body to perform its function with efficiency.

Do not neglect the body. Do not pay too much attention to it.

The technocrat brings about changes in the outer world. We must also learn to bring about changes in the inner world.

PHYSICAL BODY:

Man is body, mind and soul.

Mind and body affect each other.

Be careful about thoughts, speech, behaviour, food.

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Select proper food.
In Yoga way of life what you eat is important.
Even more important is how far you are attached to that food.
The same thing applies to food for eyes, for nose.
The science of medicine investigates every muscle, bone, artery, etc. The science of medicine knows little about bioplasma body. The two together constitute the physical body.
This is the reason why the science of food and dietetics is faulty.
People consider food and drink to repair tissues, to produce heat, etc. However, we obtain nourishment from the Sun's rays. The functioning of Prana into the body has to be haremonious.
The pineal gland in the endocrine system will be a special subject of study in the near future.
Do not identify yourself with the physical body. Take work from it. Maintain it properly.
You maintain your auto properly, take work from it but you do not identify yourself with it. Similarly with the physical body.
Remember the body has its own idiosyncrasies and fixed habits. It has a desire for comfort. It tries to avoid a situation to which it is not used.
Without some discipline it does not obey.
Discipline does not mean torturing the body.
Steady pressure of will needs to be applied.
Always use patience when practicing this discipline.
Use common sense.
To acquire some control over the physical body we must first pay attention to the nervous system.
Practice of PRANAYAMA (Yoga rhythmic breathing) tunes up the nervous system.

DISCIPLINE

Choose a few convenient intelligent disciplines
Choose them voluntarily with total cooperation of the mind and intellect.
What is spiritual discipline ? It is mind training.
Body and mind are to be trained to do a thing repeatedly.
A simple discipline continued over a long period brings great rewards.

(US, Satsang, Vol. III No. 22)

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THE SUN HAS RISEN ON A NEW ERA

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हरिद्वार
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Bharatiya Satsang

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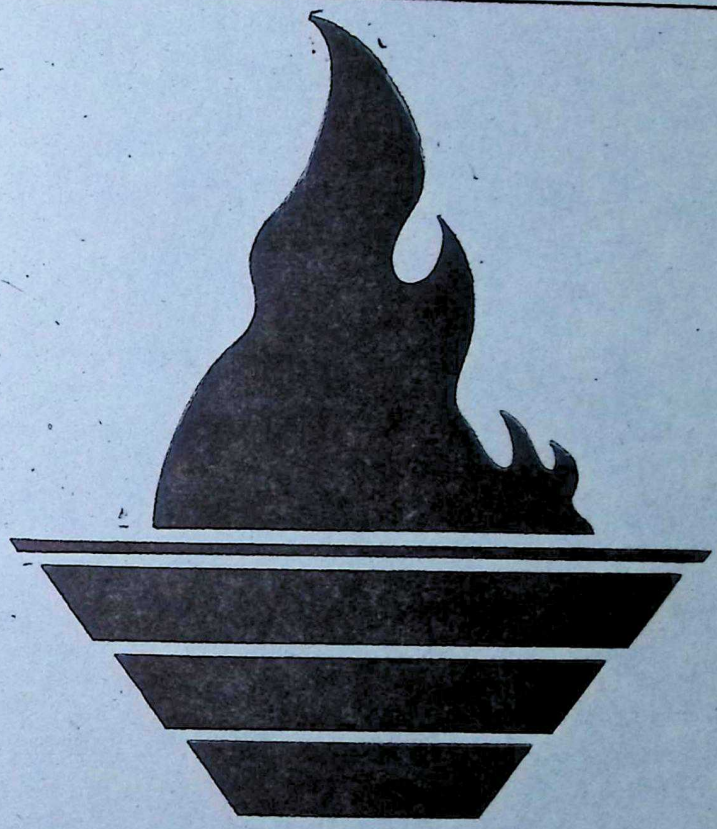

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

July 1983 New Era 40 Vol. IV, No. 2

From Vasant's Talks with Scientists

"Tremendous amounts of energy are gathered around the Agnihotra copper pyramid just at Agnihotra time. A magnetic type field is created, one which neutralizes negative types of energy and reinforces positive types of energy. Therefore a positive pattern is created by one who does AGNIHOTRA merely by his/her performance."

"Elements of nature are changing. By the year 2000 we will be living in a different civilization, a different culture. Scientists play a big role in this. Have faith that people are being prepared for it."

"An exchange of energy transcends to the heart during AGNIHOTRA. It is from this phenomen on that our spiritual vision becomes clear."

"The Agnihotra pyramid should not sit on porcelin but it should also sit level."

"Some special spiritual phenomena will be found to be taking place in the Sahara Desert. Some very important things with fire will be found there, some old and powerful customs."

"More emphasis needs to be put on science. After all what we are doing when we perform AGNIHOTRA is actually a scientific act used specifically to reduce pollution in atmosphere and sever the chain of events which follow its effects on the mind of man."

"In South Germany the birds get cramps and then fall from the trees and die. Nobody knows why. This happens with all different sorts of bird. They gather the birds for research. Nobody has yet found out why. In AGNIHOTRA and YAJNYA atmosphere the birds thrive. They become happy and healthy."

"Honey bees have started migrating due to pollution. Bees become happy in the area where AGNIHOTRA is practiced and YAJNYA (HOMA) is performed. A lazy male is called drone in the English language. Drone is male bee. Bee scientists believe that drones have no

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work to do. This is not normal to the working of nature as we understand. According to Homa Therapy Farming (ancient Science of Agriculture given through Vedas) in Yajnya atmosphere the male honey bee changes its sex at a certain stage a

[US. Satsang, Vol XI, No. 1, May 19, 1983]

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Sapta Shloki (The Seven Verses)

Verse 7

यज्ञदानतपः कर्मस्वाध्यायनिरतो भवेत् ।
एष एव हि श्रुत्युक्तः सत्यधर्मः सनातनः ।।७।।

Yajnya Daan Tapa Karma
Swadhyaya Nirato Bhawet
Esha Ewahe Shrutyuktah
Satya Dharma Sanatanah

Purport : Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

Commentary on Verse 7 — Vasant

POLLUTION IS THE DILEMMA—YAJNYA IS THE ANSWER

Unless man wakes up to the dilemma he has caused he will not survive the results of his actions. We find, exactly the things we design to help us to better our economic situation, to aid to better health, are against us. The insecticides, pesticides, aerosol sprays, insect repellents used to exterminate a species are in turn exterminating ourselves.

Fluoridation of water proves harmful to the health to those who consume it.

Animal species are being destroyed by impure air and water. Even the soil for the most part is impure for growing healthy crops. Soon you will find gardens yielding nothing but weeds.

Atmosphere is undergoing condensing effect. All elements are in flux. Foreign matter will be found in air causing disturbance in atmosphere. Time quickly when much work will be done on vibrational level alone.

Certain catalytic elements are causing much disturbance now in the atmosphere. Crops are starving for nutrients.

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Forests disappear because of man but not because they are cut, instead because they are choked to death due to lack of nutritional content in air and soil.

Consumption by populace of world must decrease now. Food and water shortages are imminent and what there is is contaminated by pollution. Water crisis is in the wake. So much confusion there is in the everyday life of the common man. Everyone will soon think that he needs his own psychiatrist and the psychiatrist will think what can he do? Does he need his own psychiatrist too? Such confusion will rule the roost.

Under such conditions Yajnya is the answer. Agnihotra is the smallest form of Yajnya. Agnihotra can be experienced by anyone as a great material aid to mentel peace. This is the experience of thousands of people in U.S. and Europe. Agnihotra is medicinal. It gives great healing power to the atmosphere. Practice Agnihotra and be happy as and where you are.

Almighty Father has Graced this planet with the Son of Man to resurrect the eternal principles for happy life in the form of the Fivefold Path. The Son of Man has come to give a blueprint for happy life on earth. It is up to us to follow the eternal principles. It is total love or total destruction. Now there is no way out and total love comes easily by practice of Agnihotra and the Fivefold Path.

At no time in known history has this knowledge been available to the common man. Now common people in common clothes speaking common speech restate the Eternal Laws. It is up to us to listen or not.

Yajnya is a process which fills the atmosphere with fragrance and throws nutrients everywhere in the atmosphere. Agnihotra is the smallest form of Yajnya which could be practiced by anyone in any walk of life with only a little discipline. It is being practiced by several thousands of people in U.S. and Europe with great benefit to themselves and their families.

Practice of Yajnya and the Fivefold Path is a great aid to keep the nervous system in proper order. You can experience this in one week if you like.

We must learn to celebrate life with total Love. If we don't then what are we here for? Elevation of intellect comes through proper performance of Yajnya.

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WE TELL YOU ONLY THING TO DO NOW IS TO TURN TO THE SCIENTISTS. THE SCIENTISTS WILL LEAD US OUT OF THE MESS THAT WE HAVE CREATED FOR OURSELVES. WHEN THE SCIENTISTS ARE READY WE WILL LEAD THEM TO WHAT THEY NEED.

THE SON OF MAN HAS COME. THE SON OF MAN HAS COME. THE SON OF MAN HAS COME.

Elements of nature are fusing, more than two. SOME PEOPLE MAY NOT BE ABLE TO IDENTIFY THIS AS THE SAME PLANET IN A FEW MONTHS. WHAT WILL COME OF IT THROUGH IS GRACE. THE GREATEST GIFT MANKIND COULD GIVE TO CREATION WOULD BE PROPER PERFORMANCE OF YAJNYA. FROM NOW ON IT IS YAJNYA OR PERISH.

Big Yajnyas a must now regularly. Lot of mantras. ATMOSPHERE HAS TO BE CHARGED OR IT IS DESTRUCTION.

Poles of earth shift. Glaciers break up. Floods and disasters to come of this.

Some children will be born in the world with new strains of contagious disease.

New metallic substances come into limelight. DETERIORATION OF OZONE LAYER IS MOVING IN GEOMETRIC PROGRESSION.

UNLESS ALL THE PEOPLE OF THE WORLD JOIN TOGETHER TO INSURE PROPER PERFORMANCE OF YAJNYA IT WILL NOT BE LONG BEFORE THERE IS NO AIR TO BREATHE. BY DIVINE WILL IT WILL COME.

See how happy the birds and plants are at Agnihotra Press. Each day Agnihotra is performed and they become even more so. Even the insects, the crickets seem happy. They appear thankful that they are in this atmosphere.

Birds and plants are choking. They are in due need of Yajnay. Time closing in. Space closing in.

The birds are suffering. The plants are dying. IF THE MAJOR OXYGEN RECYCLING SYSTEM OF NATURE IS CUT OFF THEN THERE IS NO AIR TO BREATHE. IT IS LIKE WE ARE KILLING OURSELVES.

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YAJNYA IS THE ANSWER. YAJNYA IS THE KEY. YAJNYA OPENS THE DOOR TO HAPPY LIFE ON THIS PLANET.

Certain vibrations are now put into atmosphere that cause a big flux of interest in the direction of Yajnya.

MOST DIFFICULT OF ALL ECOLOGICAL CHANGES TO REPAIR WILL BE THE REBUILDING OF THE OZONE LAYER AND REPLENISHMENT OF NUTRIENTS IN THE ENVIRONMENT. YAJNYA ON A BIG SCALE IS A MUST.

RADIOACTIVITY OF CERTAIN ELEMENTS CHANGE. THIS EFFECT IS COMING FROM OTHER PLANETS, FROM OTHER SOLAR SYSTEMS. SCIENCE BEGINS TO PANIC ABOUT IT. Cadmium is a big factor in fusion of elements. There is elongation of space. What does this mean? Science begins to panic about it. Vasant can tell them exactly what it is and how it can be corrected. SCIENCE MUST GO INTO YAJNYA NOW. THERE IS NO MORE TIME. LET ALL THE GOVERNMENTS BE ALERTED. DESTRUCTION IS IMMINENT. HELP THE WORLD OUT OF THIS MISERY. AT LEAST HELP TO MINIMIZE MISERY. HELP SCIENCE TO INVESTIGATE YAJNYA. IF IT WORKS THEN ENDORSE. EVEN THOUGH IT IS ANCIENT IT WORKS.

[US. Satsang, Vol. V]

* * * * *

Baha'I Temple: Yajnya Culture Dance

Jamal Wilson
Baltimore Md.

Preston Vismale invited Maria Broom, Jamal Wilson and Irvin Gates to attend 12:00 noon Sunday Baha'I Prayer at the Gwynn Oak Avenue Temple, Baltimore. He invited us to give a talk on Yajnya and then perform Yajnya for the assemblage.

We went on Sunday, February 6, 1983. There was a heavy snowstorm on this day. Undaunted, Irvin, Jamal and Maria arrived at the Baha'I Temple and were warmly greeted by everyone. Mr. Vismale ushered Irvin to the front of the Temple where he set up his Yajnya copper pyramid. Dressed in his meditation whites, Irvin prepared the pyramid to be lit.

Miss Cerana read the following prayer as we bowed our heads:

"I render Thee Thanks Oh Thou Who has lit Thy Fire within my soul and cast beams of Thy Light into my heart. That Thou has taught Thy

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servants how to make mention of Thee and revealed unto them the ways whereby they can supplicate Thee, through Thy Most Holy and Exalted Tongue and Thy Most August and precious speech. But for Thy leave, who is there that could venture to express Thy might and Thy grandeur and were it not for Thy instruction, who is the man that could discover the ways of Thy pleasure in the Kingdom of God's creation....."

Taped flute music echoed through the hall as Maria Broom came down the aisle with lighted candle in hand and performed a Prayer Dance. As she moved expertly with the candle, Irvin, sitting in lotus on the floor before the Yajnya alter, lit the Yajnya fire in the copper pyramid.

With Maria dancing and the flute sounds waving through the Temple, Irvin's baritone voice boomed :

"Bhooh Swaha Agnaye Idam Na Mama Buwah Swaha Wayawe Idam Na Mama Swah Swaha Sooryaya Idam Na Mama Bhoor-Bhuwah-Swah Swaha Prajapataye Idam Na Mama."

(These are Vyahruti Homa mantras for peace and purification.)

After each one of the first three mantras, Irvin added a drop of ghee to the fire. After the fourth mantra, Irvin added a spoonful of ghee to the fire. (Ghee is clarified butter prepared from unsalted natural cow butter.)

After the Homa was performed the room was filled with delicate aromas of nutritious purification and peace reigned. The music combined with atmosphere creating a happy heaven that had hearts melting and souls rising.

Visual images of Grace through the dance impressed everybody's mind with gifts from unseen angels of goodness casting rays of love throughout the universe this day.

As the flames flickered lower, Irvin's baritone voice chanted:

"Om Tryambakam Yajamahe
Sugandim Pushtivardanm
Oorvarookemeva Bandanam
Mrityoor Mookshiya Mamritat Swaha."
Then he added a drop of ghee to the fire.

Finally, the music and the chant stopped and Irvin's chant echoed throughout the Temple. Instantaneously, Jamal motioned to Mr. Vismale and he immediately began chanting with Irvin. Jamal joined them.

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Maria Broom harmonized along. A member of the audience chimed in. After the mantra was uttered a drop of ghee was put into fire and this continued for some time.

The experience of hearing mantras is one that can only be experienced to get an understanding of the peace that floods the body in this kind of atmosphere.

Preston Vismale spoke to the audience : "I'd like to welcome everyone here. I'd like to point out first of all that what we experienced (Yajnya) is not a regular everyday Baha'I occurrence, but is beautiful just the same.

"Before we go on, I would like to give special thanks to J. Irvin Gates, Maria Broom and to Jamal. Before we get into the topic for the day which is 'Why Do We Pray and Where Does It Come From?' I would like one of you to say something about this Yajnya which you experienced"

Jamal took to his feet and addressed the audience : "The words that you just heard are Sanskrit words from the Vedas. This is not anything new. Vedic knowledge was revealed as a storehouse of wisdom. Therein it is stated that Yajnya was bequeathed to mankind as a boon or gift at the time of Creation. Through the course of time things changed and man started wreaking havoc with his free will and this ancient knowledge was lost.

"Things have now gotten so bad and therefore this ancient knowledge of purification through the agency of fire has been resuscitated again. Some very high people on the face of the earth have made it their task to see that this great knowledge is spread to all people everywhere. And the main center from which this knowledge spread to the world is Baltimore, Maryland.

"The knowledge and practice of Yajnya purification of the atmosphere is in its tenth year in Baltimore area. It is practiced on all the continents now and most of the countries of our planet. It negates pollution and the stress it produces. There is so much stress on our minds, in the atmosphere and in the biosphere of the earth. All of us are aware of the stress within our families.

"Maybe I should mention something about the stress in the atmosphere of recent studies that have been conducted. In *U.S.A. TODAY* a Harvard University scientist reports astounding insights. He says the pollution data that has been gathered to date has been given by computers. Very, very ltttle of the atmospheric pollution data was gathered by actual

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scientific analysis of atmospheric samples of the gases and chemicals present therein.

"It has been only recently that balloons were sent up into the atmosphere with proper equipment to gather the necessary data. However, what scientists do know is that exactly at sunrise a flood of energies and electricities assail the earth and it lasts for just a short time – just a few minutes. It is said that the rate of this occurrence is critical.

"This Yajnya which we just performed is done intermittently but it just fits within the framework of sunrise and sunset Yajnya, i.e. Agnihotra. Agnihotra is the basic Yajnya which sets in the primary healing cycle in nature.

"In the sunrise and sunset Agnihotra Yajnay rice is the offering to the fire. One of the reasons is when the rice, dried cow dung, and unsalted clarified butter combine in the fire in the special atmosphere of sunrise/ sunset the atmosphere is fumigated. It leads to reduction of stress.

"There has been some documentation in the West and in India of the effect of this Yajnya atmosphere on bacteria and plants.

"Last month, I cut-an article out of the newspaper that substantiates some of the revelations told to us through *Satsang*, e.g. the molecular structure of the earth itself is changing. This is happening because of man's ruthlessness. Consequently, the vegetation that will grow will not be digestible. *Another article states that scientists see the cellular structure of plants changing now*. It is reported that in some areas of Germany, 90% of the newly planted trees did not grow. In some areas even the grass has stopped growing.

"There is just so much reaction now from Mother Earth, However, The Almighty Father has given a boon to his children, a way out. The process of Agnihotra is done on a farm where you need not use any fertilizer whatsoever. In the spring, you may ride down Windsor Mill Road to Kuntz Road. There they have been performing round the clock Yajnay for over four years. The corn and tomatoes and other things that are grown there are so succulent and nutritious and tasty.

"And where the water is polluted, and all water is now polluted to some degree, this process of Yajnya with Homa Therapy performance will cleanse the water resource.

"If you take the ash from Agnihotra Yajnya and put it in a jug of water, it will purify the water and help the system.

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"For the last several years my family, including the children, take the Agnihotra ash daily before we eat.

"Here is this Om Tryambakam Yajnya that you are witnessing, only ghee is the offering. This Yajnya gives nutrition and purity to the atmosphere. If you had asthma or breathing difficulties and came in here where we are performing this Homa, you would feel relieved. It is just automatic.

"If anyone wants to know more about this Yajnya just let us know and we will travel anywhere free of charge to show them how to perform it correctly."

Preston Vismale: "I do hope and pray that everybody enjoyed or more than enjoyed, and got something from the Yajnya presentation. I would like to point out to many of you who do not know that Agnihotra history is very ancient. The purpose of showing the ritual today is to supplement the topic of today: Why Do We Pray?"

Preston gave this talk on "Why Do We Pray" Christy sang a song. Comments were made by Mr. Johnson, Keeper of the Temple. He said that just this morning he heard over the radio from the University of Maryland Agriculture Extension program that this was the time when plants are undergoing much stress and special care is needed to be taken to keep them alive."

Then we went to a room in the basement. Here we met with a lady of a day nursery who teaches pre-school children. She has access to the premises and thus she is able to perform Agnihotra morning and evening there. She said that a friend of hers living above the nursery had physical troubles. Agnihotra was helping this person get well.

This nursery school teacher also teaches dance at the nursery school. She says one time she did not perform Yajnya with the children before her dance class and the children were very undisciplined. This nursery school teacher said that every time she performed dance before the nursery school children she performed Yajnya first and the children become disciplind. She said she noticed a great deal of improvement in the air smell and quality within her building.

Three other people expressed interest in learning more about the mantras and the performance of Yajnyas.

There was so much friendship, trust and love on that beautiful Sunday.

[US Satsang, Vol. 10, No. 23, April 21, 1983]

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Agnihotra : An Enhancer of Environment of Life

(Following are excerpts from the book *Agnihotra* written by Mr M. S. Parkhe who recently toured the U.S.)

The ever deteriorating environment, no doubt, drew attention of Government authorities, who in turn laid emphasis on strict legislation to avoid further deterioration. While such a step was quite necessary, a positive approach for enhancing the health of the environment does not appear to have received the necessry attention, excepting some emphasis on aforestation. An attempt has been made in this chapter, to show how Agnihotra and allied rituals contribute in a positive way, as enhancers of environmental health.

During the ritual of Agnihotra, products like (a) fumes, (b) heat, (c) energy, (d) moisture, (e) gases, (f) ash (g) sound waves with vibrations of certain frequency, are created. These products have a definite beneficial effect, as will be seen, both from individual and collective angles. A few instances of this effect on life in general are given below.

Effect on Ecology

A number of experiments which were devised to get scientific explanations confirm the effects of Agnihotra on plant life. The data of the experiments, thus collected, have been maintained. Results of these preliminary experiments are quite encouraging and yield the basis for a further scientific analysis of the results.

Effect of Generated Fumes

In Agnihotra, various substances such as cow ghee, stems of certain plants, grains of rice, aromatic gums and resins etc., are used as oblation over the fire created out of cow dung cake. A process of fumigation which has wide applications in agriculture is thus started. These days, fumigation of air as well as of soil is done with the help of chemicals. These chemicals kill the pathogenic forms and thereby sterilize the surroundings. They are not only costly, but their residual effects are also quite hazardous and harmful to public health. Agnihotra, on the other hand, does not involve any major expenses and is within the reach of a common man. The gases released during its process get dissipated easily over a wide area and the medicinal effect of the minute dose becomes visible. Such gases are of temporal and spiral type. The fumes produced in Agnihotra rise up in the atmosphere in a spiral manner and, therefore, reach higher levels. For details regarding concentration and stability of these gases at different levels, further investigations can be undertaken. J. E. Miller and his co-workers have recently shown the positive effect of fumigation on crops. These effects have been mainly, due to the presence of SO_2 in the fumes.

These researchers have further proved that the concentration of gas over a field varies with time due to changing speed of wind and turbulence.

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At both the times stipulated for Agnihotra, wind speed is relatively low but the turbulence in cosmic atmosqhere is quite high for a very short period.

The gases released during the Agnihotra ritual associate with the turbulent atmosphere and, consequently, spread over a large area. Though they may become diluted the low concentration is more effective in exerting a biocidal effect on microbes without any damaging effect on human health. As such, gases maintain their biocidal level for a short period of 12 hours or so. To regain that level, another round of Agnihotra needs to be performed. It is with this view that Agnihotra is recommended to be performed twice a day and that too at the two critical moments. As the biocidal level of gases from Agnihotra can exist within a certain perimeter of performance, more such spots need to be selected for Agnihotra to have its effect over a wider area. It is observed that the plants grown under the Agnihotra atmosphere are generally free from disease and are healthier than identical plants grown in non-Agnihotra atmosphere. Thus, one can say that Agnihotra, while being economically inexpensive, has a positive effect on the health of plants.

Effect of Liberated Energy

The ingredients used for Agnihotra contain a large amount of stored energy, which is released after their burning. Dr. Satya Prakash has worked out some details in this connection. He has shown that every ingredient has a definite ignition temperature; and that at this temperature the heat generated by igniting the substance equals the heat dissipated in the atmosphere. The igniton temperature of rice is about 300°C and 1 gram of rice can produce 3500 Cal of heat on burning. Similarly, the ignition temperature of cow ghee is 600°C and 1 gram of cow ghee can produce 9300 Cal of heat on burning. Similarly the ignition temperature of other ingredients used for Agnihotra range between 300°C and 600°C; and, individually, 1 gram of them can produce 3,000 to 10,000 Cal of heat. It is thus evident from the above that the burning of ingredients during Agnihotra will release a large amount of heat energy. It is estimated that temperatures developed during the Agnihotra process range from 300°C to 1300°C at different levels. Such a high temperature is bound to have varied effects both on the ingredients and on the atmosphere. As far as the ingredients are concerned they will get completely burnt and produce CO_2 and H_2O or some time CO and H_2O. The heat released will speedily rise like a column in the atmosphere and will reach reasonable height, sometimes even above the cloud level.

This energy will have the following varied effects on the atmosphere :

(i) It will dissipate and thereby increase the temperature at certain heights. It will have a biocidal effect on a number of atmospheric microorganisms and will cause their immunization. It will purify the atmosphere and reduce its pollution level.

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(ii) This heat energy will induce chemical reactions among various atmospheric components. It will also cause conversion of certain substances into others.

(iii) It can also incite a large scale displacement of gases. Such a displacement will take away the inocula and propagulas of microbes over wider distances and thereby give a disease-free umbrella over crops grown in the Agnihotra atmosphere.

(iv) Complete combustion of ingredients will produce a larger amount of CO_2 and H_2O. CO_2 produced due to complete combustion and also due to conversion of CO and CO_2, will increase its level in the atmosphere. During the daytime, this increased level of CO_2 will cause more photosynthetic activity in plants and thereby increase their level of productivity. At nighttime, CO_2 may get loaded on released water molecules and such heavy and enriched droplets will then settle on leaves during the night in the form of HCO_3 or so.

This is how the atmosphere in the area of Agnihotra will not only get sterilized but also enriched with plant nutrients. Plants growing in such an atmosphere are bound to be healthier than those which are not grown in such atmosphere. Health, accompanied by a disease-free state, will certainly increase the productivity of crops; and hence the yield of crops in such conditions shows a positive rise. Healthy plants also exert better resistance to disease infection than weak ones.

Experiments conducted on vegetable and fruit crops grown in the Agnihotra atmosphere have indicated that the chlorophyll content in such plants was more than that of other similar plants. Also the size and number of vascular elements in these plants exhibit a large scale increaase. This forces one to go deeper to find out detailed reason for the difference. More experiments to confirm the results and to provide data need to be conducted by a larger number of research workers at different localities.

Effect of Mantras

It is an established fact that sound has a definite effect on the growth of plants. Researches in this century, have shown that definite notes of music have a pronounced effect on the growth of plants. Growth in plant as well as in animal cells is induced due to certain hormones, auxins and other growth promoting substances. Production of such substances can be induced artificially. One of the methods of such artificial induction is vibration. For getting a faster growth of molds/bacteria and for production of antibiotics or other chemicals, shaking is done. Shaking of cultures does give certain vibrations to the growing cells which result in their faster growth. Recently, American workers have discovered an electronic band aid. In this band, two metalic strips are used which act as electrodes. When an electric current of certain voltage is passed through these strips, an electromagnetic field is created, which helps in

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setting up vibrations of definite frequency. When vibrations of definite frequency are given to the wounded portion of the animal body, the cells in the affected area are induced to produce a larger quantity of growth hormone viz. collagen. This results in a faster rate of cell growth in the wounded zone and thereby causes quicker healing of the wound.

Dr. J. C. Bose, in his experiements, in the early twenties of this century, had shown that plants do show a marked effect of music on their growth. He also claimed that plants too have a system parallel to nerves of animals and they also have feelings. His experiments might require further confirmation, but the conclusion that sound waves have an effect on plant growth has to be accepted. In this context one can say that the recitation of specific *mantras* during Agnihotra or Yajnya is responsible for setting up vibrations of certain frequencies in that surrounding. When plants growing in that area come into contact with such vibrations, their cells are induced to produce more growth substances. It may be due to this reason that the plants growing in Agnihotra and Yajnya atmospheres exhibit a more rapid rate of growth. Accepting that the research of Dr. Bose is likely to be further confirmed, then the love and feelings of plants expressed while reciting of *mantras*, are bound to be quite conducive for their growth.

[US. Satsang, Vol. 10, No. 23, April 21, 1983]

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Crucial Time in History

Vasant

With this second issue Bharatiya SATSANG enters the fourth year of publication. This is a crucial time in history.

Scientists now are really interested in looking into the effects of Agnihotra. It is all Grace.

The world, earth, this planet was not an error. It was made perfect so that all could work out their particular Karma. It must be done in a prescribed manner if it is to remain perfect. If it is to be preverted then there must be destruction because no longer is it operating by natural laws and so the Law of Karma continues to operate. YAJNYA will restore this planet and all to its normal cycles, its normal plan of operation, its intended course.

The whole ecological balance is being destroyed by pulling things out of the earth and not puting them back. Only way to set things right is YAJNYA.

There is terrible destruction beginning in Middle East. It comes from pests and rodents. If YAJNYA is performed a natural predator will manifest and help control these populations and hence the disasters that come from them. IF YAJNYA IS NOT BEGUN IT WILL BE TERRIBLE LIKE A HORROR SHOW IN THE MOVIES.

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Some crucial developments in the way YAJNYA is received at a higher political level perhaps have taken place in the Middle East. If the people concerned take to this science of YAJNYA their area could be saved.

So many things are happening now but it is in the Divine's timetable and not ours. We have merely to have faith in science and the Eternal Laws of the planet given in the beginning and the rest will be taken care of.

The whole thing is ignited now. Numberless billions of universes are all affected by the imbalance on this planet.

This is a time of great change. Great changes come soon. Scientists will soon discover evidence of new worlds unknown to man. Science now will come to us. The time is now. All is being made ready as the years dwindle into days before the great movement begins.

A time comes when all old values collapse on their own because people feel so miserable about it. Already people start feeling about it and so it does not work. When this happens the time is for new traditions, new order. No one needs to destroy the old. It collapses by itself, brings about its own destruction. The new "Justice" however lives off itself and needs no promoter to sell it. It works and strengthens itself out of its own power.

Note: AGNIHOTRA is the smallest though basic form of YAJNYA fire. It is done in a copper pyramid of fixed size and shape at sunrise sunset to harmonize this basic circadian rhythm which tremendously affects everything within and without.

[US Satsang, Vol. XI, No. 1, 1983]

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Homa at Maryland Penitentiary

Jamal Wilson

Irvin Gates, Maria Broom, and Jamal Wilson went to the Maryland Penitentiary to entertain inmates with Homa, music and dance.

Walking toward the entrance to the Maryland Penitentiary, Irvin, Maria and I met Ocei Abdullah. He gave us a description of the kinds of inmates we would visit and the conditions of the institution itself. Most of the incarcerated men were black and between the ages of sixteen to thirty-five. Many of them are serving life terms. This is the only home they will know.

We joined the crowd of people standing at the entrance steps waiting in the cold winter night air. Most of the women were dressed up for evening. There were a few young male visitors. A guard stood on the top step with a rifle slung over his shoulder and his hand on a gun strapped to his hip.

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We stood outside on the steps for fifteen minutes as the cold started penetrating our clothes. We waited in silence for the most part, except for Ocei who was trying to give an accurate picture of why and how so many young people got baited into the wrong lifestyle which led them to the Penitentiary. He spoke of the other jails in our state as well. He wants us to join him in bringing some knowledge to inmates in other institution. The large front doors opened and people pushed to get into the lobby and out of the cold. Large iron bars prevented us from going directly into the building. A narrow bar door was the only means of entrance and it only opened periodically. We were being let in almost one at a time. To gain admittance you had to show your identification to three guards standing within the iron bars, and it had to match with your name which was already written in a log that had been tabulated earlier.

A man came barging past us saying, "Excuse me, I have a badge". Our friend Ocei Abdullah said, "I have a badge too, but I do not want to barge through the other people". The time was getting late and Irvin asked if Ocei thought that maybe we too should use his badge to gain entrance. Ocei moved through the crowd and the three of us followed him. He was passed through the iron door and began negotiating with the guards inside to let us through as we were part of the program.

The crowd parted to let us through as the guard motioned for us to come forward. Finally, we were allowed through the iron door and were told to wait while other identifications were checked. A lady hollered to me through the bars that she was the singer that was to sing with the inmate band. She asked me to notify the bandleader that her name was not on the book and to come downstairs to correct the situation so she could get in. Suddenly I noticed Ali, a neighbor of mine, and went to greet him. He works in the Penitentiary with the Muslim population.

I whispered to him that I had some very important literature for the prison population that I hoped to have distributed. He told me that he would be over to the building that we were going to later and that he would take care of it for me. I told him that we had a tape of the mantras that are chanted and an explanation of when and how to perform Yajnya that I wanted to be sure would also reach the prison population. He promptly took the cassette tape I handed him from my pants pocket and placed it over among his personal things on a ledge. All of this transpired in front of five or six guards or maybe even more; they were everywhere.

Irvin and I were asked to step toward a searching section while Maria was sent to another area for the same purpose. We had to open the bags we were carrying. I had a portable tape recorder and a Minolta 35mm flash camera resting in a canvas shoulder bag atop a half foot pile of Fivefold Path materials.

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This included medicine flyers, Homa Therapy Farming Bulletins, a 6 page mind training series, proper food combining chart, endocrine system chart, Agnihotra pamphlets, Satsang's "The Holy Prophet Mohammed", "The Son of Man Has Come", "Mother", "Scientists Beware", "Fire is the Need of the Hour", and several recent issues of *Satsang*.

In Irvin's kit we had a mortar bowl, a round piece of copper to sit on top of its opening, three Agnihotra pyramids with a gheed piece of dung in it, a jar of ghee, a jar of rice, a quantity of dried cow dung, a box of matches, a strong copper ladle, a small copper spoon, napkins, humility and devotion. Irvin and I were told to empty our pants pockets into a metal locker with a key in it. We were to lock it ourselves and keep the key with us.

An illustration of the kind of tension and stress there must be given. The tall guard looked over our shoulders, uttered an expletive and stalked out from behind the inspection counter straight past us. He walked to the wall with the lockers on it, and still uttering expletives, turned to us and pointed to this one locker with its door open. Valuables, including money, were sitting there for anyone to take. Then the guard said, "You see the money don't you?" and slammed the door of the locker shut, locking it. He walked back to his inspection position still shaking his head. What happened was that a male guest, affected by the vibrations in the prison, had lost his reasoning powers and simply forgot to lock his valuables up.

Irvin and I looked at each other in that precautious way. We walked back up to the counter where the guard once again asked us to be searched, this time by walking through an electronic device. But he looked over our shoulders again and asked who has the key. We turned our heads toward our locker and saw that we too had left the door to our locker unlocked. This is not the ideal building for one to spend one's life in. Already our thinikng was not efficient. We were both now in a great hurry to do a Yajnya.

We walked through a metal detector and over to another guard who had us turn our backs and then frisked us from head to toe. We walked to still another station where an inmate had us write our names on plates that were then fastened on our wrists.

Moving to still another station we were scanned with an electronic device and then stamped on our left wrist. Now we were told to proceed down through the visitor's area. Here we could see Maria Broom coming through an adjacent doorway and the female guard releasing her after putting her through the same routine that Irvin and I experienced.

Ocei, Irvin, Maria and I were about to procceed down the metal steps that lead to another checkpoint when I mentioned to Ocei I hoped that my camera would work properly. He looked at me startled and asked me, "What camera? Where is it?" I said it was right here in my bag. He

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walked off down the steps shaking his head whispering, "Brother you are really blessed to get a camera in here". For a moment I became concerned that maybe I should not take any pictures with it. But I thought of my duty to spread Agnihotra and The Fivefold Path everywhere. I thought of how great it would be for others to see that positive forces are helping to get this message of freedom from attachment everywhere. The brothers locked up in this prison must know something about non-attachment. But they need to witness the automatic calming effect of Homa. And we need scientifically verifiable evidence. Thus, pictures would surely help. I made an immediate resolve to take as many pictures as I could as naturally as I normally do with no internal sense of fear, or persecution. I devotedly chanted my sacred mantra and followed Ocei down the steps. Irvin and Maria were right behind us.

A guard at the bottom of the steps let us through yet another set of iron doors. He had us wait until he spoke over a walkie-talkie with another guard. Finally, yet another iron gate was unlocked and we could tell from the cold air that hit us that we were going outside again.

We walked down another flight of iron stairs, past holding areas where several young men vied for our attention. They all seemed to be around the same age, height, weight, etc., and were dressed in uniforms with matching hats. They spoke and smiled as they were glad to see some outside.

After turning a sharp corner we walked across the "yard", a small recreational area. Tonight it was occupied by rifle-bearing guards stationed strategically. As we walked up a ramp "the dreams" flashed back into my mind. Several times over the years, I have had dreams of being in prison and going through different situations in different prisons. I would awaken dumbfounded as to the meanings of the dreams. Some of them occurred more than ten years ago before I even started performing Agnihotra and studying the Fivefold Path of happy living from the Vedas.

Most recently in one of those dreams, I definitely remember walking across the prison yard and up this ramp to another of the prison's buildings. Again I have been given silent direction about the course of events in my life long before they transpire. The divine hierarchy is so merciful in bringing grace and guidance into our lives.

Maria, Irvin, Ocei and I walked across the yard under the gaze of the guards and the call of many inmates locked up in cells in high tiers overhead. They shouted down to us their greetings. Some of them were flashing broken mirrors hoping to reflect some light to our eyes to get a moment of recognition in an unappreciative environment.

As we walked Ocei told me that he had passed through these walls himself. Only for two years but somehow one got the feeling that he felt that he was still locked up and would continue to feel that way as long as others suffered the same fate. This may be the reason why he volunteers so much of his time to the inmates and their causes.

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From the ramp we walked up a flight of iron steps and though a double doorway wide open with three male guards standing on either side chatting with each other. We were suddenly inside of a very nice large hall that had the feeling of being some kind of entertainment center. Music pulsated from a speaker system. Tables were placed throughout to accommodate several hundred people. Many of the chairs around the tables were occupied by well-dressed young men. A few young men were wandering through the tables. This could have been any other hall except, as we focused ourselves, we noticed that it was obvious this room was very well guarded.

By now many of the guests were arriving and being warmly and openly embraced by the inmates. There is no privacy to what is going on. Female guards were standing near one of the doors. Toward the rear of the area food was being prepared. Guards were there also. They were dressed in different color clothing.

The opposite wall running the length of the room made of large glass windows from behind which the entire area could be viewed. There were constant forms and faces moving back and forth observing everything that was going on. At the front of the hall were amplifiers, loudspeakers and microphones. In the middle of the front section of the dining hall was a video camera set upon a tripod attached to its monitor and ready to go.

This really surprised Irvin and me, although Irvin earlier made the statement since we could not find the battery for our camera maybe they would have a camera already there. A very prophetic remark.

The most startling thing to me at this point was the fact that these young men looked like people you would find in some athletic program college. They appeared to be in such good health and spirits for the most part. The differnce was that almost all of them were sitting quite still in their chairs. This did look unusual.

A tall dark muscular young walked over and introduced himself to us. Mike Austin was his name. He apologized for the band not being available due to administrative procedures. All the while I was listenning to him, I was giving directions to Irvin to open the Agnihotra kit right there in the midlde of the front part of the hall and start a Yajnya immediately.

Mike mentioned that he understood that we wanted to do a special procedure at the opening of the evening's activities. I pointed to Irvin and told Mike that we were beginning it immediately. He said fiine. Never once did he question what we were about to do or ask any questions about it. He was too busy trying to get his evening program together.

By now, Irvin had taken the first two Agnihotra pots out of the Agnihotra kit and set one for them in the earthenware alter.

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Maria gave instructions to Mike about how to play the music on the tape recorder that she was going to dance to, by Bobby McFadden. Meanwhile, I set my tape recorder on record to tape the sound of everything that was happening. I also placed some literature about Agnihotra and the Fivefold Path on the floor just in front of where we were sitting.

As I released the pause button on the tape recorder, Irvin began the Vyahruti Homa :

Bhooh Swaha Agnaye Idam Na Mama
Bhuwah Swaha Wayawe Idam Na Mama
Swah Swaha Sooryaya Idam Na Mama
Bhoor-Bhuwah-Swah-Swaha Prajapataye Idam Na Mama

(*Note : "a" is pronounced like "a" in father*)

This was just the first of the successive Homas that we performed that evening. As the smoke began to swirl upward toward the ceiling, all eyes went unabatedly upon the three of us at the front of the dining hall. Curious looks were on everyones' faces.

I chanted the opening mantra with Irvin. The background music pounded through the speaker system. Only those people sitting toward the front of the dining hall actually heard the chant; Shortly, Irvin and I began chanting the "Om Tryambakam Mantra." This mantra allows the continuous offering of ghee to the fire. It is :

Om Tryambakam Yajamahe
Sugandhim Pushti Vardhanam
Urvaarukamiva Bandhanaan
Mrityourmuksheeya Maamritat Swaha

The following will explain why we rushed to perform the Vyahruti Homa:

> "Cleansing of these three spheres through the agency of fire has a terrific impact on the functioning of Prana 'life energy'/The beneficial effects of Prana are automatically transferred to the realm of the mind."

So immediately, we had changed the thought process of everyone assembled to a more positive and beneficial nature.

The following will explain why we then performed the Om Tryambakam Homa :

> "We offer oblations to the Cosmic Energy which spreads fragrance and bestows boundless nourishment. May we be relieved from the clutches of death, just as the cucumber gets itself free from the stem. May we never be separated from immortality".

Now, in specific offerings of oblation into the Fire, there is a restructuring of the external environment which in turn creates a physiological response to the psychological change caused by mantra (scientifically uttered vibrations). The psychological change caused by the mantra strikes

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at the very root of the stress cycle, supplying the seat of emotions situated in the brain (hypothalamus) with positive signals. Happiness thus becomes a baseline experience!

Inmates, guards, and visitors alike looked on with puzzled interest as Irvin and I sat together on the tile floor of the Maryland Penitentiary dining area performing Yajnyas for the pre-Valentine Day entertainment. I noticed that no one was at the video machine so I beckoned to Mike Austin and asked him to check if the machine was on. He told me that it had been taping all along.

Earlier Mike said he thought we were bringing video equipment. I explained to him that we could not get our video equipment, and that the super 8mm camera was not operative at the time. He asked me if I wanted to get a copy of the video tape that he was making. I expressed great interest in the idea. He told me that there would be no problem.

Mike asked me to return the original tape to him after I had recieved my copy. He wrote the address down for me. I really did not know how to thank him for the offer.

After waiting some time for guests to arrive, Mike took the microphone and greeted the audience. Irvin continued with the Om Tryambakam Mantra. Maria came and sat down and joined in the chanting. I got up with my 35mm Minolta camera and began carefully taking pictures.

The flashlight popping made everyone focus on the object of the pictures. The smoke drifted quietly throughout the entire hall. Already the affair was gaining a calmness even though the program was very late starting. During several speeches Irvin was performing Yajnya. By now he was moving to the third copper Agnihotra pyramid to perform the third Yajnya. The entire hall was peaceful and quiet. Not one person made any kind of wisecrack about anything that had happened. I was flashing pictures all over the place and no one was interfering with me. In fact the guards were moving out of my way so that I could get the angles I wanted. Oh how wonderful is that Holy Fire–Homa!

After the magician performed his act, Irvin and I chanted the Sapta Shloki (the Seven Verses). Mike Austin then invited us to come sit at a special table full of food. Someone must have told them that we were vegetarians.

All the platters at the table contained vegetables and salad. We sat there in this serene atmosphere of the dining hall in the Maryland Penitentiary and no one would have believed that we were among inmates, except for the numerous guards now stationed around the place.

There was a haze of smoke throughout the hall from floor to ceiling by this time. No one was smoking cigarettes of any kind. This totally Yajnya smoke was throughout the entire building.

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I took the stack of *Satsangs* and other Fivefold Path materials out of my bag and placed them on the table after everyone had finished eating. There was a five gallon container of juice on the table next to ours.

This made it necessary for anyone who wanted a cup of juice to come over near us. There was no other literature there. So people looked and wondered just what this literature was. Finally someone asked if he could read the literature. I informed him that all of the literature was for them.

They could not believe that this was true. For a moment they just sat and looked at the pile of material. Then ever so graciously they took copies of *Satsangs* from the pile and started reading.

Mike Austin had already gotten up from the table and, carrying a handful of the literature, excused himself from our table. He said that he was going to distribute the literature among the guests.

The liaison worker advised him to be careful. But Mike said that no one would think anything of it because they were used to seeing him handing out literature in relationship to something else.

We watched him as he moved about from table to table handing out the divine scientific message of Agnihotra and the Fivefold Path.

Ali then came up to me and took a copy of the Satsang that was on the very top, read down the page and handed it back.

He said that he would see to it that all of the material would be put in the jail library. Some of the other inmates heard him say that. They were glad that they would have access to the Agnihotra material.

At 9:30 we were all asked to leave the hall. Mike Austin thanked us for coming and bringing the Yajnya. He said that he would read the special literature about the fire that I had left with him. He said that he would go up to the library to read the other literature.

Mike expressed the wish that we come on a regular basis and share more of this information about the Yajnya fire with them. We told him that we would certainly be back. No one questioned us as we said good night and left.

[US. Satsang, Vol. 10, No. 24, May. 5, 1983]

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THE SUN HAS RISEN ON A NEW ERA

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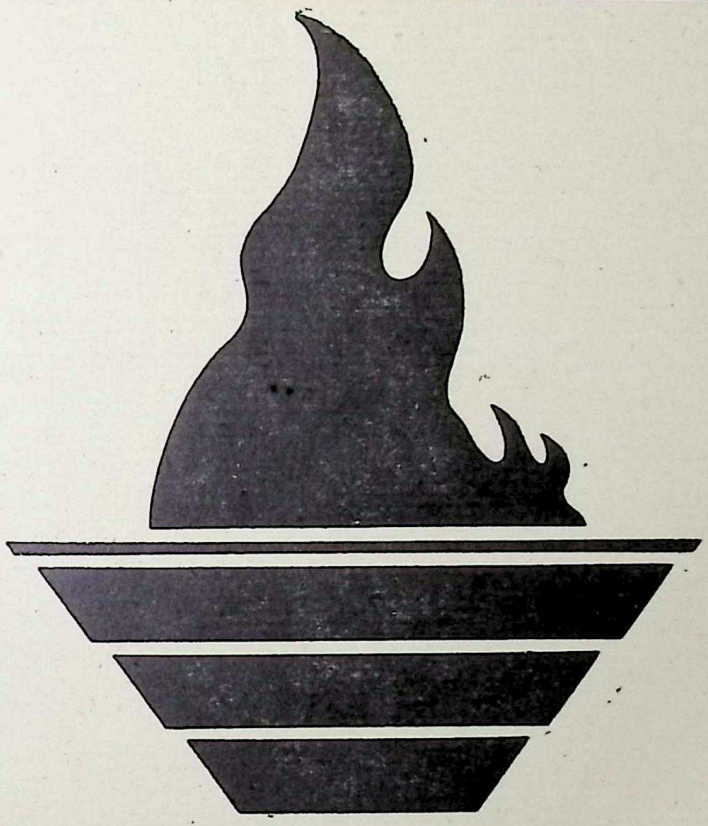
Bharatiya Satsang

August 1983 New Era 40 Vol. IV, No. 3



THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

August 1983 New Era 40 Vol. IV. No. 3

Time is Running out

Vasant

Time is running out. We are constantly reminded of the perils of man. Man's livelihood is threatened now by forces beyond his control. More you will find people in panic, much tension on the mind, increase in crime. All sorts of misuse is apparent now. THE ONLY WAY TO COMBAT THIS FORCE IS MERELY BEING AN INSTRUMENT OF LOVE. ANY OTHER WAY THAT TEACHES ANYTHING BUT LOVE IS FALSE

Be careful whom you follow. We do not profess to be great yogis. We are only common men. We are merely trying to surrender to the will of God. You can call God by any name you like. It doesn't matter. It makes no difference. If you have a religious or non-religious belief or disbelief, keep it and go on with it if it helps you. ONLY WE ASK THAT YOU HEAR SOME SMALL THINGS WE ARE SPEAKING AND SEE WHAT YOU WILL DO TO SPREAD LOVE EVERYWHERE.

Only be full of love. Then everything is so easy. Where is the need to quarrel when we are all full of love. Give in. Don't argue. Let the other person think he is right. It doesn't matter. Even if you find yourself angry, stop and think who you really are. Then, just fill the other person with love. You do not even have to do it consciously. Automatically it comes when you are willing to receive it.

[US. Satsang, Vol. V, No. 10, October 6, 1977]

* * * * *

Sapta Shloki (The Seven Verses)

Verse 7

यज्ञदानतपः कर्मस्वाध्यायनिरतो भवेत् ।
एष एव हि श्रुत्युक्तः सत्यधर्मः सनातनः ।।७।।

Yajnya Daan Tapa Karma Swadhyaya Nirato Bhawet
Esha Ewahe Shrutyuktah Satya Dharma Sanatanah

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Purport : Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

— Vasant

Commentary on Verse 7

YAJNYA IS HOMA THERAPY

Agnihotra is smallest form of Yajnya.

Ground, earth breaks up, dries up never to be used for anything productive in many parts of the world. Around fire temples life thrives. Soil, water, atmosphere becomes filled with nutrients. PLANTS AND BIRDS FEEL THE NUTRIENTS AND LOVE GIVEN THROUGH THE PERFORMANCE OF YAJNYA GIVEN IN THOSE PLACES.

Cities and towns around proving grounds experience a high rate of illness in all age groups and economic situations. Atmosphere in those places has been putrified. Beware. PERFORM AGNIHOTRA AND HELP SET RIGHT THE ENERGY CYCLE OF THE PLANET.

Insects begin multiplying as previously indicated. Beware children. They will seek them first. PERFORMANCE OF YAJNYA WILL SET RIGHT THE ENERGY CYCLE OF THE PLANET.

Detroit, Michigan undergoes extreme pressure that occurs because of pollution produced in industry there. The people wish to go to other areas as if the city is falling apart. Industry that once thrived in that area now has great problems. ONLY WAY TO SET RIGHT THINGS IS TO RESET THE ENERGY CYCLE OF THE PLANET BY PERFORMANCE OF AGNIHOTRA.

The plants dance. They sing to the atmosphere creating nutrients. Birds give love to all creation. All this in Agnihotra atmosphere. LET US PERFORM AGNIHOTRA TO RESET THE ENERGY CYCLE OF THE PLANET.

Time is changing. Earth is being tossed in space due to this disequilibrium caused by pollution. ONLY WAY TO SET RIGHT THINGS IS TO RESET THE ENERGY CYCLE OF PLANET BY PERFORMANCE OF YAJNYA.

Time element changing. Earth is crumbling, being tossed around. So much of destruction within the planet and without. All this due to non-performance of Yajnya. ONLY WAY TO SET THINGS RIGHT IS TO

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RESET THE ENERGY CYCLE OF PLANET BY PROPER PERFORMANCE OF AGNIHOTRA.

[US. Satsang, Vol. V, No. 18, February 2, 1978]

* * * * *

Plan Operates

Vasant

Changes in atmospheric currents. Extreme downward pressure on earth. People's minds are terribly affected. There is so much pressure at some points that the earth begins to cave in. How can we help? What can we do? Move to another area? There is no way but Yajnya. Disease and disasters press in every corner of the globe. Only way to check it is through proper performance of Yajnya.

Science, you will soon use the term Grace when talking in terms of cause and effect.

All children of Grace beware. Time has come for you to do the work allotted to you. Will you catch hold of the hand extended that takes you to the highest state available? It is up to you to follow or not.

Plan operates with or without.

[US Satsang, Vol. V, No. 17,]

* * * * *

Fivefold Path Benefit Dinner

On March 12, 1983 Fivefold Path, Inc., a nonprofit organization "dedicated to disseminating knowledge that brings happiness into one's life and improving man's relationship with the environment." held its first dinner.

Held at Martin's West, a prominent caterer near Baltimore, Maryland, the event was highlighted by special guest speakers Vasant Paranjpe, (*Satsang* editor), Paul Sauvin, (a researcher of biological responses between plants and humans), and Maria Broom, renowned dancer and TV personality, who performed a special dance.

John Brown, president of Agnihotra Press, organized the function and expressed his appreciation to the assembled guests in a speech. The music and vegetarian dinner was enjoyed by the attendees.

Mr. Sauvin presented information about the special plant research he has been associated with and its potential relationship to testing the effects of Agnihotra and Homa Therapy on plant life. An article written

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by Jim Everett, appearing in Volume XXXVII, Number 2 of *The Psychic Observer*, details the work of Mr. Sauvin:

> "Independent confirmation of evoked biological responses between plants and man has been accomplish by Paul Sauvin and a staff of scientific co-workers which could lead to a major breakthrough in technological applications. Poistively identified and repeatable thought patterns sent over a distance of several miles have been detected using simple galvanic skin response equipment and a strip chart recorder connected to a philodendron plant. Specific thoughts produced specific, repeatable graph pattern. The technology exists to decode these patterns and to apply them to activate switches for electrical devices."

Mr. Sauvin, through a slide presentation, showed pictures demonstrating the so-called Kirlian aura of plants. He hopes to use this technique of Kirlian photography, developed by Dr. Semyon Kirlian of Russia. in experiments to be conducted by Agnihotra University "*to demonstrate to scientists that Agnihotra performed around plants affects life energy fields.*"

Partial transcripts of the talks of Mr. Sauvin and Vasant are printed below.

Mr. Paul Sauvin :

"Vasant has invited me tonight to use scientific methods to demonstrate the ancient tools and wisdom of the Vedantic teachings to the scientific community. First I will show you the slides of informal work that was done at Drexel University for the Allen Neuman production.

"Before I start the presentation I want to informally tell you a little about the incredible story of Eugene Condon, how I happened to meet him. how I came to meet Vasant, and how I came to be invited to ultimately share this research in proving the truth of Agnihotra.

"My research was primarily with radar systems for the 16 years I was with General Precision Aerospace. In the early 70s, I was invited to Washington, D. C. to work with a small thin tank group on countermeasures for the skyjack program. It was at this time that I met a group of senior scientists working on sonic verification phenomena and I met Vasant shortly thereafter. We were doing plant research studies at the time. During my second month into this research I met a man by the name of Eugene Condon.

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"In 1944 Eugene was living in Westbury Long Island and he had a brother who owned a house, one of about half a dozen houses that were right in the pathway of a new super thruway. As they would do on occasions like this, they could actually lift the house gently from the foundations and then move it for a short distance on giant rollers. They had done that with five of the houses and always at the moment when these houses rolled under some high tension lines they had arranged to turn off the lower high tension wires. In this particular case this was the sixth house being moved. While they were moving it under the wires they had arranged to turn the wires off at a certain time, but the man who turned off the feeder switches made an error and instead of turning off the lower wires he turned off some other circuit. So when Gene, who was standing on top of the house reached up with a little wooden pole to lift the high tension wires up as the house slid underneath, the wires were alive with 115,000 volts at 60 amps. This kind of energy just completely arched through the little wooden stick he was holding in his hand and oddly enough he remembers an electrifying shock. He said he fell about 20 feet or so and landed on his head in the soft dirt. His next recall was coming to consciousness in the hospital with as we would say in the enlightened teachings all of his chakric centers open, especially the crown chakra. He was able at that time to perceive full color auras. He was totally telepathic. He could read thoughts and memories of anyone in the room.

"At this point he asked what kind of research I was doing. I said we were looking for a subject who could mentally interact with plants when we hooked up the right equipment to measure electrical changes in the plant. He said he could do it and we began our work.

"We attempted to be very open about our research. We notified news and TV media, and they responded by showing what we had been doing. As a result we got some very interesting and open queries from scientists who were not skeptical, but were very honestly intrigued. We invited Stan Quickner, a senior scientist, to come down and we tried to do some experiments which we rehearsed. We had been doing the same experiments for three months with no failures to speak of, except once or twice when minor things would go wrong. That day for whatever reason nothing worked. So that night we rehearsed again. I turned on the equipment and much to my surprise, although Gene had gone home for the day and I was in downtown Washington, I was getting beautiful responses from the plant. As I had no knowledge of what was happening on Gene's end, I called him on the phone.

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"I said, 'Gene, it is 5 minutes to midnight, and .I don't know what's going on, but I have turned on this equipment and I am getting incredible responses.'

"He said, 'I am not surprised. I am telling my wife how we tried this and that and nothing worked'.

"I said, 'Every time you are reliving that experience in your mind the plant is reacting to you'.

"Gene was now home, 20 miles away in Fairfax, Virginia and it was 5 minutes to midnight. So I said, 'Gene, please send a repeat thought three times.' Here you see this first thought as it is plotted out on the graph (shows graph to audience). If you could listen to a relative sound level, you would hear the fluctuations of high and low points corresponding to the graph. The graph showed three peaks and valleys indicating the repeat of thought projected by Gene.

"I said, 'Gene please send the largest response you can.' We got a response much larger than any I had received when using self-inflicted pain. Gene is a spiritually awakened person. He reclined on the sofa, and projected to the laboratory. He literally reached out and touched the plant in astral body form and said to the plant in consciousnees, "I am one with you in consciousness; you are one with me in consciousness; God is Love and divine and He has created us all."

"Gene's wife, Mary Ann, is also psychically gifted and could influence the plants in a similar way."

"At this point Gene said, 'I see these beautiful Indian tapestries of triangular shapes. Maybe I could send 13 of them.' This was very first time that he had tried to send a specific wave form other than the wave form of thinking of God and love. We were amazed, absolutely astonished. So the senior scientist good-naturedly and kiddingly said, 'Now if we are going to make this a clinically clean experiment we are going to have to ask you, Sauvin, to leave because you are always present during the equipment runs. We are using our equipment, our sensors our plants but we just want to do this without your presence near the equipment.' So I left at that point.

Gene then said, 'Let' see if I can send ocean waves. I will envision that I am standing on the beach and these are the waves of the ocean rolling into the shore'.

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"When I was shown the graphs later, I literally flipped out. I was just amazed. I had never seen anything like this before. At this point I would like to backtrack a bit and tell you about Mr. Cleve Backster. He is considered to be one of the ten foremost lie detector specialists in the country. One day in February, 1962, he came home to his laboratory in his apartment in New York near Times Square. He was admittedly a little overtired and couldn't relax. So partly out of self-amusement he wondered what would happen if he took a lie detector-essentially two electrodes across a leaf of a plant and watered that plant. Would he see an electrical change? So this is how he began his experiments. Soon he discovered that plants, not unlike people, show amazing changes in the electrical potentials across the leaf.

"A little later he discovered a friend who was afraid of flying and also loved plants. He hooked the equipment to his friend's plants, and each time his friend got into an airplane Cleve looked at a stopwatch and made an exact notation of the time when the wheels left the ground (when his friend was most terrified) and when the wheels landed (when he was most relieved). He found that the plants reacted to this man's emotions over any distance, from 100 miles to 1,000 miles! I found this incredible to accept on faith. So I said that I would really like to see, verify and authenticate myself. We eventually did."

At this point Paul showed us some slides of Cleve Backster seated at a desk with lie detector and Sauvin.

Someone from the audience asked Paul., "What do you do to torture plants to get this response?"

Paul then answered, "It is not what I do to *Plants* because I wouldn't hurt them or anything else. It's what I do to *myself*. I found that whenever I inflicted self-pain, like a shock, a sharp pinch or a jab with a needle (which would really send me through the ceiling), my plants, which were 2½ miles away, would all say "ouch" –or the equivalent of this.

"Now I'll tell you a little more of Cleve's basic discovery.

"With the lie detector hooked up to the plant, it was Cleve's intention when he watered the plant to ask, 'How long would it take for the water to effect resistance change across the leaf?' In other words, the roots absorb water then the electrical resistance changes. He expected to see a slowly changing line on the strip chart recorder.

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"Well, much to Cleve's amazement, he saw all sorts of wild gyrations not unlike a person's record. This was sort of a fundamental discovery for the simple reason that up to that point no one in modern technology that we knew of had ever hooked a plant up to what they call a galvanic skin response detector. A few weeks went by and Cleve wondered what would happen if he were to burn the leaf? At this point, just that thought produced an incredibly rapid, off-the-chart panic response and he was amazed because he had only thought what would happen if he were to burn the plant.

Then Cleve went to get some matches and left the room. The equipment went back to a normal baseline. But in a few moments he came back into the room with the intention of burning that leaf. Again the plant showed an incredible panic response. At this point, since he is not a cruel-hearted person, he began to lose his intention of wanting to hurt the plant. And just thinking, 'I can't and I won't burn the leaf' showed an immediate response from the plant going toward a normal nonpanic baseline. But he was so curious about all of this that at this point he lit a match, and thought he would burn it just a little bit. The plant showed panic and then he said, 'No I can't really hurt you, and it went back.So at this point he said, 'Maybe just a little like you quickly' put your finger through a candle flame. He took the match and very quickly put it under the leaf, but not enough to really damage the plant. There was a momentary response and it returned to normal.

"Cleve says that from that point on, his life was not the same, nor was mine when I heard what he had done. Wondering, I said there is a pen that is doing this writing, and a thought that is making the pen move. So I questioned, 'What would happen if you put a small magnet around the tip of the pen and a little magnetic sensing switch near the edge of the paper? Will the pen trigger the switch; if so will it turn the switch on or off?' So we began to experiment with this in Washington, D. C. with Eugene Condon. These results were published in Chapter 3 of the book entitled *The Secret Life of Plants* by Christopher Bird.

"Now I would like to show you some of the experiments we hope to be doing at the Agnihotra University. This is an energy field of a so-called Kirlian aura sent to Dr. Thelma Moss. In Russia, Dr. Kirlian developed a technique of photographing the modulations of life energies of living things through an electrostatic field. The serious purpose of this is to use these kinds of scientific tools *to demonstrate to scientists that Agnihotra performed around plants affects life energy fields*. Most amazing is

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this photograph of an ivy leaf. 10% has been cut away from the tip of the leaf. You are seeing a close-up of an energy field where part of the leaf had been cut off. You see very clearly a phantom image. This phantom image is, of course, explainable in the enlightened teachings, but there is no rationale yet within the framework of classical science to explain it. But of course for every molecule and atom on the physical plane, many enlightened teachings say there exists a corresponding molecule and atom on the spiritual or spirit plane.

"This shows a finger of the healer, Bill Clark, sending out healing energies. The remarkable thing on this photo is here the little electronic streamers appear normally near the fingertip, but here they get further and further away. When this was shown to high energy physicists at Bell Labs, they were astonished. It seemed to indicate a fourth state of matter that they describe in Russia as the bioplasma ionization layer which becomes highly ionized. It is not a gas, nor a solid, nor a liquid. It is a fourth state of living matter. It is very exciting.

"This was taken (another slide) of a person coming down with the London flu before the person was aware of the onset of the flu. He felt fine when this was actually taken. But 72 hours later, once past the incubation period, he and several others who showed this particular type of energy field came down with London flu.

"We would hope to show that using these techniques we can study plants and see how auras change with Agnihotra. *With dying plants we want to see how the beneficial atmosphere created by Agnihotra bring about changes on the higher energy levels before they occur on the physical level.*

"This is pretty much all I want to share of a technical nature. I would like to thank you for your time".

Vasant Paranjpe :

"Friends, the science of Agnihotra and the science of Yajnya is all embracing. It will lead us into space technology probably in the next few years. We have started with the science of medicine already. Plants are the best sensors to judge, identify and consolidate the effects of this basic Yajnya around one circadian rhythm. This basic healing fire is called Agnihotra. Plants are less developed as far as the mind is concerned, and therefore it is easier to detect things with plants. Today, as you know, conditions are terrible. One of the worst places on the planet now is the border of Czechoslovakia and East Germany, where not only

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100% of trees in certain areas have died, but green vegetation has started turning brown.

"A very simple experiment could be made. Do Agnihotra and see how chlorophyll is added to plants. We have already entered a new age with the big explosion of knowledge, but it is not only intellect; it is also wisdom, wisdom with specific direction. At the same time, there is a big Divine Conspiracy by the Hierarchy that will lift us all up and take us into that state of bliss called the Kingdom of Joy, the Kingdom of Heaven. This is a big Conspiracy and whether we like it or not, whether we will it or not, all of us are going to be lifted and you will find this just after a few years. You need not wait until the end of the century, it will be much earlier than that. It will be totally the Kingdom of Heaven, Kingdom of joy, Peace and Bliss, Joy and Peace that passeth understanding. That means that it is not on the level of the intellect. It is something beyond.

"No doubt as scientists from various countries, East and West, tell us the planet will go through terrific catastrophes in the next few years. This is the same thing that various prophets have been telling us. At the time of Buddha it was stated that after 2,500 years things would again be set into motion. That time is now. In the Christian tradition it was stated that around the year 2000, things would change. We are very near to it. The only point is, we live and we have to adapt ourselves in this great transformation which is coming. We have to learn to fit ourselves in this transition period so that there is less pain, otherwise it is going to be terrible for all. That is why we now lay stress on plants and experiment with them. Plants will be the sensors through which scientists will be able to note and study the effect of the healing cycles of Agnihotra. This is just the beginning. The knowledge is so vast; this is just the tip of the iceberg. But at the right time more and more knowledge will be revealed to the scientists; it is through them that the world is going to be saved. Science is the search for truth, and truth alone can make us free.

"There was never such a need for science as there is today. Mind you, science and technology is the thing in which you make use of science. I am speaking of science, pure and simple. You, who have been practicing Agnihotra and studying a few things about it, all know Love is the most powerful energy and it is only this energy that is going to save the plant. The scientists are just around the corner from using this same phraseology. All these days they were looking at the universe as something else,

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something outside of themselves. Since physics took the big quantum leap, the time has come that they understand. No longer is the scientist just looking at the universe; the scientist is a part of the universe. He is able to manipulate and mold it, and also, he is being molded by it. When you see this life you come to know there is no such thing as us and them. It is all one. This oneness was brought to the notice of the scientists only when physics took the big quantum leap. Unfortunately, the other sciences have not done this. The sciences of botany, biology, biochemistry and medicine have yet to take that quantum leap which leans the scientists totally into ancient knowledge of the Vedas. There are many sciences given through the Vedas. Agnihotra will be explained in terms of the sciences of bioenergy, biogenetics, and weather enginecring given through the Vedas. Soon you will find several things relating to these subtle energies will lead to more information about interplanetary travel. The way the scientists are moving now, it is totally in the right direction. So let us say the scientists have taken a step backwards, 10,000 yeare backwards.

"When we are dealing with the scientific community, things are much easier. That is why in Eastern Europe Agnihotra is spreading in a wonderful way. At the same time in places like Chile, where I was just a few weeks ago, in the Andes mountains, an old place of fire was revealed. We had to ride horseback in the mountains to where the place was located. It was an ancient place of Yajnya. At that place now, several hundred new people come every month and they are healed. The technique is the Agnihotra healing process and other Homa Therapy healing practices, which are wonderful things. It has posed a great challenge to people who talk of healing and traditional medicine. Since healings do take place, perhaps there will have to be a change in our ideas and concepts about how healing takes place.

"As far as Agnihotra is concerned, it is stated in the ancient knowledge that man is an extremely wonderful and unique thing in creation. When man performs Agnihotra, he acts as a biological transducer because fire is described as a special state of matter. Now there are various subtler levels of energies to which scientists are eluding. The moment you perform Agnihotra, these various energies at lower levels get transformed and become beneficial to man. It is stated that if you do Agnihotra under a tree, the tree begins to dance. Perhaps we can measure the effect on the sap and so many other aspects as Paul now suggested.

That is the thing which is proposed by the Agnihotra University to be done in the next few months. Once you delve a little deeper into this

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science, the whole picture changes. The whole idea changes. It is a big change, as big a change as when we threw away all the Victorian ideas and entered this New Age. But we also have to leave this space age and go a little higher; then we land ourselves into the Vedic Science of bio-energy, biogenetics and medicine. Things are terribly bad now all over the planet. Homa Therapy is the way out if you would like to try it. This creates healing cycles in nature and you can experience it at various places. Chile is just an example of how things could be done. You can experience it with plants. It is very easy. We say make an experiment and let there be a distance of at least a couple of miles between control and experimental plots. Check all the microelements and other nutrients in the soil, try to maintain parity. Then take seeds from the same stock and arrange your data in such a way that it will be easy to program into a computer. See how long it takes the seed to become a sprout, flower, and fruit. Notice the various textures, colors and many other aspects. See how, without any chemicals being used, insects do not come and plants grow. Then feed all that data into the computer and see the reply you get. There is nothing so easy, nor so cheap as these subtle energies. It is theoretically stated that with these subtle energies generated by Agnihotra you can plant in the morning and eat in the afternoon. It was illustrated about 7,000 years ago. Such laboratories existed in certain parts of the planet. Those places are also mentioned. All of this knowledge is now being revived and is offered to all of us in a very simple way, like instant coffee and TV dinners. Just practice a few things and then you are okay.

"I am happy to be here. I would like to thank all of you and Paul Sauvin for giving us a little insight into the research which is being done on plants. More and more of this research will cause the whole picture to change. All of us will automatically be catapulted into the state of mind which is called Total Love. Thank you."

[US. Satsang, Vol. 11, No. 2, June 2, 1983]

* * * * *

Agnihotra Goes to the Scientists of California

John Parulis
San Francisco, Calif.
U. S. A.

On the evening of April 4, Vasant spread the message of Agnihotra to the "Orgone Energy Workshop" in Berkeley, California. The group of astrophysicists, biochemists, nuclear physicists, biologists, psychologists and other professionals met to share information and observations on

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topics related to the orgone research of Wilhelm Reich. Orgone is thought by many to be another description for prana, the energy that is in us, around us and connecting us with the cosmos.

Vasant performed Agnihotra at sunset for the group and then spoke about the beneficial changes induced in atmosphere, prana and mind by this ancient fire ceremony. He also spoke on many topics concerning Homa Therapy farming in several countries and pharmaceutical research with Agnihotra ash medicines in Germany.

The group was very pleased with the talk. In fact, members had gone out of their way to meet on this date as they usually met on Saturdays. Several among them subsequently met on the evening of April 24 to discuss *conducting specific experiments to test Agnihotra efficacy in various healing modes.* Harold Tracey arranged the function which was held in the home of Ann Dempster.

In Southern California, we stopped at many centers for the advancement of higher consciousness. People came to us with stories of the healing effects of cow dung which when dried, is one of the ingredients of Agnihotra fire. At the "Teaching Light Center" in Claremont, a Polish woman told us about an incident from her childhood when her mother was burned across the chest and wet cow dung was applied. Healing took place within days and no scars remained. This woman went on to tell us how her own daughter was seriouly burned on the hand once and had wet cow dung applied. The Claremont program was arranged by Florence Kohn and Christina Monterastelli.

At the Anderson Research Foundation in Los Angeles, a man told us about an incident that happened during his childhood in America. A horseback rider had been scraped on the leg by a barbed wire fence while riding and had good results when wet cow dung was applied to the cuts. Dr. Andy Anderson guides the foundation.

At the "East-West Cultural Center" in L. A. yet another woman reported news about her great-grandmother who, as a shaman in Poland, used cow dung smoke to repel pests and later used the ashes in curative herbal preparations. (Homa Therapy Farming Bulletins published by Agnihotra University detail how Agnihotra repels harmful insects and attracts beneficial ones like the earthworm.) Frederick Ross leads this center.

In all the centers we visited, the talks were extremely well received. In a few of them, such as the "Healing Light Center" in Glendale, members were enthused about starting an Agnihotra healing room where silence

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is observed 24 hours daily and Agnihotra is performed. Many others were interestd in receiving more information, being supplied with dried cow dung and being informed of future meetings, Agnihotra demonstrations, Homa and related workshops. *The advance of the science of Agnihotra is definitely at hand.*

Meetings were also held at the Psynetics Foundation in Anaheim, which is run under the guidance of Rev./Betty Easley, and with the Life Enrichment Center in Escondito, which was held at home of Alice Judson.

Driving through the streets of Los Angeles we could see the tension and disharmony harbored in many weary looking souls. The thought of famine and destruction in our large cities is truly nightmarish. Already people find it harder and harder to cope with the problems of day to day existence. Imagine what chaos and violence would erupt with a serious disruption in the normal everyday life cycle in these urban centers. *With the constant and cointinuous proliferation, of pollution, this fate soon awaits us unless we can reverse it.*

It is hard to conceive of a divine planetary plan void of survival safeguards. How unassuming and seemingly strange an event it is to burn a few pieces of dried cow dung in a copper pyramid while saying a short Sanskrit mantra. Yet how awesomely exact a measure for our survival is this Agnihotra that the Divine has placed in our hands. People who would normally adopt this first notion of Divine Plan have earnestly adopted the second–*Agnihotra.*

Judging by the enthusiasm of the people in the Los Angeles area, it becomes clearer how the Divine Plan is working to pave the way for our survival into the New Age.

[US. Satsang, Vol. 11, No. 3, June 16, 1983]

* * * * *

Party Satsang

Jamal Wilson
Baltimore, Md.

My friend Irvin Gates was the first businessman I knew who performed Agnihotra on the business premises of his second floor downtown tailor shop in 1974. Now, in 1983, Irvin has a modern tailoring business in the Edmondson Village Shopping Center.

As soon as you walk into the shop, you see an Agnihotra copper pyramid sitting on a table near the front door. Agnihotra ash medicine flyers,

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farming bulletins on Homa Therapy Farming techniques are there, too. The wall above the table is laid out with a four foot chart of how and when Agnihotra is performed. Pictures of the Satya Dharma Band at some of their performances can be seen with the Yajnya fire right there on the stage. *Yajnya* fire and music go well together and bring a peaceful change to the atmosphere.

Recently, Irvin told me that he had been invited to a party and wondered whether he would be able to relax and take off his shoes. His anxieties vanished, however, immediately upon entering the doorway when he saw everybody's shoes neatly lined up. Moving among the guests, Irvin recognized and spoke with several persons who had been to his shop expressing interest in Agnihotra. There was much frendship and warmth.

The menu was totally vegetarian and the beverages were totally nonalcoholic. Around 3 a.m., Irvin noticed a beautiful fireplace and just in front of it was an Agnihotra pyramid, dried cow dung and ghee clarified, unsalted butter), but no matches. He went to seek permission from the host and the hostess to perform a *Yajnya*. They were delighted with the idea.

Before Irvin could seat himself comfortably, someone had taken a seat beside him on the floor. The music played. The *Yajnya* flame danced. Then suddenly the music stopped. It appeared that all was still. The fire went out. Irvin heard the six-year-old son of the hostess say "Wow! That was nice. Look some of them are still doing it!"

Irvin turned around to see that the whole party had come into the room and were now sitting on the floor. Some of them had their eyes closed in meditation. Others were just smiling. *A man said, "I don't know who initiated that, but it sure was on time."* The rest of the night Irvin was praised and thanked for bringing this new kind of peace and joy to the party gatherers.

Irvin decided that this type of atmosphere must be offered more often to people,. We decided to have a Party Satsang the following weekend at Irvin's home. There we could do *Yajnya* continuously.

On the night of the Party Satgang it snowed. We were expecting many people to come out and had prepared quite a menu. We had gathered back issues of *Satsang* magazine and some of the more recent issues of the same to give out at the party. We also had German medicine sheets to hand out to those interested in the power of Agnihotra ash to cure the diseases that doctors were having a hard time curing. We had mantra

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sheets with the various mantras thereon. We also had a lovely photograph of the Satya Dharma Band with the *Yajnya* mantras and their meanings printed on the opposite side. Homa farming bulletins were also kept ready for sharing the information.

Irvin was scheduled to perform 9 p.m. Yajnya at the Randallstown Therapy Hut, and I was to look after things until he arrived back home. Carla was at the house to receive the early guests. The children-Rahula, El-wood, and Delia–went to play Atari games with Irvin's boys, Greg and Dwight. I sorted out the *Satsang* magazines and changed into my meditation whites for *Homa.*

Downstairs, I passed out *Satsang* to the early guests and washed my hands and mouth for the performance of *Homa.* The very first person I handed literature to came up to me later and asked if I would share my knowledge of Agnihotra with him. I gave him my telephone number.

I performed continuous Homa fire from 11p.m. until 4 a m. while the guests enjoyed music, dance, food and conversation.

Off and on all night, different people would came up and sit either alongside me. Someone might say, "I'm coming over here for a few minutes to get some energy." Another person might say nothing. Some would come near the fiire and automatically strike up a meditative posture and remain so for a few minutes. Some others sat on chairs or on sofas and closed their eyes in peace for a few minutes, then got up. Several people could be observed reading information in *Satsang* magazine about some experiments concerning Agnihotra.

When Irvin came in from the Randallstown Therapy hut, it was snowing. It was not long before he was instructing people in what was being performed and answering questions about how this knowledge arrived at his doorstep.

This was a unique kind of party in that the entire family was there. Children hardly able to walk would come up to the fire and sway as the flames danced in golden hue before them. Other children would come into the arms of the grown-ups that were seated near the flamer, full of joy, and watch for a few minutes before going off to play. All this was happening in such a quiet manner that I was surprised. My children stayed up in this fashion until about 5 a. m., and they usually go to bed at 7:30 each night. They truly enjoyed themselves. Especially Rahula,

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named after Buddhas son, since, it was also his birthday. What a lovely kind of birthday party. So nice to see the young ones drawn to the warmth and protective energies of the purifying *Homa* fire. Again and again they returned, stood around and looked.

One married couple left the party around 12 midnight but said that they would be back after picking up the wife's mother from the airport. Around 2 a.m., they all returned. The mother came in and immediately took off her shoes and came over to meet us as we performed *Yajnya* fire. *Yajnya* (*Homa*) fire is changing the life-style of many, many families in the U.S.A.

While talking with Irvin over the telephone the day after the Party Satsang, it came to light that many people were extremely impressed with our party. Our guest from California, who had flown into Baltimore and arrived at the party in the early morning hours, commented that the people in California were not going to believe her. After touring the three-story house in which some activity was going on throughout, she returned to the first floor middle room and slumped down into a comfortable couch. You could see the relaxation flood across her face. Her face was so calm and she uttered not a word as the music played, the dancers danced and the *Om Tryambakam* mantra was chanted in a low undertone.

As I continuously performed *Yajnya* in the adjacent room, the light from her flash camera kept going off as she took several momento pictures. I hope she got the *Yajnya* fire for her California friend. As she started to leave the party, she thanked Irvin and said how beautiful the whole experience of the children and the adults having a joyous time together was for her to see.

Sometimes as I performed the continuous *Homa* and someone came to sit next to me, I would be filled with tearful joy to see how directly people come to the fire with all trust, confidence and security to be near this *Yajnya* Fire. It makes me feel so grateful for the opportunity to learn.

I am learning that one need not do a lot of talking now about how beneficial the fire is. All one needs to do is do the fire around people. Just perform Yajnya wherever people come together. See how many will close their eyes in relaxed calm despite the onslaught of anxious problems engulfing our minds today.

The Californian was here for only two days and this was her first trip to the East Coast. The first thing that she saw as she walked into the

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house was a *Yajnyaman* sitting in white cotton clothes at the foot of the stairwell performing Homa with children looking down over the bannister and grownups dancing in the next room to reggae music. She was experiencing the first snowfall in her life as well as her first *Yajnya*. She saw me sitting there chanting the *Om Tryambakam* mantra and offering ghee to the *Yajnya* fire. The puzzled smile that crossed her face reflected that she wondered just what she had walked into.

But by the time that she was ready to leave, she wanted to make sure she had the literature with her that described just what Homa Therapy and the Fivefold Path were all about. She also received a flyer with the *Homa* mantras along with a picture of the Satya Dharma Band with the the caption: "In Every Age, There is a Turning Point!"

Her daughter was given copies of the German Agnihotra ash medicine flyers as well as copies of *Satsang*. Early in the night, around 11:30 many people could be seen reading their *Satsang* magazine material from the years 1975, 1976, 1978, 1980 and 1982. So many of the revelations about life's conditions in all of the countries of Earth have come true.

It is so easy to see that there just is no other way out now except by correctly performing Agnihotra and other *Yajnya*.

A tall man told Irvin that his grandfather had recently died and that he had been very close to him. But after coming to the Party Satsang and reading the literature on Satya Dharma, many of his anxieties left immediately. He could not thank enough for the peace that he now felt. He said that he wanted to learn more about Homa Therapy.

A heavyset young man came and sat beside me and asked if he could learn more about Agnihotra from me. I wrote my telephone number down and gave him a *Satsang*. He made a special trip back into the room to pick up another *Satsang* also. The pockets of his dysheki were bulging with Fivefold path materials.

There was a young woman with her two-year-old daughter who stayed near the fire almost the entire evening. The woman told Irvin she had never felt so much peace in a house before.

Another young woman remained seated on the sofa almost throughout the night totally relaxed and looking up at the ceiling. I later found out that she was working on her Master's Degree in ecology at Johns Hopkins University.

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Maria Broom had given a dance recital earlier in the day at the Enoch Pratt Free Library in honor of Dr. Martin Luther King's birthday. She started those proceedings by performing *Yajnya.* This was photographed and reported in the *Sunday sun* newspaper.

At our party Maria spent much time near the fire chanting the *Om Tryambakam* Mantra with me as I made the offerings of ghee to the Yajnya fire. Maria called Irvin on Monday night to say that it was one of the best parties that she had been to in her life Maria said that everything was so calm and peaceful.

Ingrid came by with a woman friend from Annapolis, Maryland. She sat on the floor next to the *Homa* fire in meditation. I could feel a change in energies around the fire. Next her Annapolis friend walked in and sat down beside me on a pillow. Together we experienced the joy and calming grace of the flickering flames.

Irvin said that when the two women left their car wouldn't start. They had gotten so much energy from the *Homa* fire that they were laughing in the freezing snow as the men pushed their car and tried to start it. The two women expressed to Irvin that they had really enjoyed the party.

Irvin's 19-year-old son, Greg, said to him, "Jamal was really doing Yajnya a long time." Irvin told him that on some days I do eight straight hours of Yajnya. Greg wondered what I get from that small Yajnya fire that makes me want to do it for eight hours day after day.

Finally around 3:20 a. m. on Sunday, Irvin and Carla had led the last of the guests from the house and they came to sit near the Yajnya fire.

I started chanting *Sapta Shloki* (Seven Verses). Irvin, Carla and Odell joined in. The four of us had Satsang until 5 a.m. Then we did the Vyahruti Homa and mantras.

Carla and I continued in Satsang until morning, which was 7:25 Agnihotra time. At this point we had been in Satsang all night. Irvin did Agnihotra, then slept for an hour before performing two hours of Yajnya at the Randallstown Therapy Hut. A continuous 24 hour Yajnya at the Randallstown Therapy Hut has been going on since September 1978. By the way, it seems the soil around the building that houses the Randallstowu Therapy Hut is so charged with energy that no fertilizers have had to be added to the soil at all not even Agnihotra ash because the soil has been absorbing this Homa fire energy night and day now for four straight years. You should see the trees and flowers that grow there. You

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should taste the tomatoes and savor their sweetness. The garden often starts by itself now in the early spring even before anyone can get out into it.

What a wonderful, wonderful way to party and live life.

[US Satsang, Vol. 11, No. 3, June 16, 1983]

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Report On Agnihotra

Kurt and Anne Rennig
West Germany

We have been doing Agnihotra for more than four years in our apartment. For the past 2 ½ years, we have been following the other disciplines also as much as possible. My wife worked as a nurse until the summer of 1982.

We have renovated a room in the basement in which we do Agnihotra and other Yajnays. The other people in the building (a young family and a single, elderly lady) always mention that there is a nice atmosphere in the basement.

A friend who lives nearby comes every day and does Yajnya. She told us recently that, whenever she comes back to our house after being away on weekends, she feels the beneficial effect of sitting in the Agnihotra room. Many other people who come to this room have the same experience.

Now we are thinking of buying our own house with a garden. Then we could do many Yajnyas in the garden, plant our vegetables with Agnihotra ash and better realize onr ideas.

We want to have a room for visitors to stay in, and we especially want to have the Agnihotra room our living area rather than in the basement.

For the past three years, we have been vegetarians and for the past year we have been eating mostly raw diet and many grains. We show this diet to people who come. They join our meals and they can prepare this diet themselves in their homes. When we store grains, we always add a little bit of Agnihotra ash to keep insects away.

In the realm of healing we want to offer hydrotheraphy, mld-packs and Homa Therapy. In our region, the Black Forest, you can see that the ecological blance is getting more and more disturbed and the forests are dying faster and faster. Nearby they started to spary lime in large areas.

Several times we did long Yajnyas on full moon days in the forest. When we are traveling, we do Vyahruti Homa at the five meditation timings given and give the ash to the rivers and the forest. We are doing the fire near several springs in this area and give the has to the water.

[US Satsang, Vol. 11, No. 3, June 16, 1983]

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Pollution seen from outer space

Jamal
U.S.A.

In the February 7, 1983 SATSANG under the heading "REVELATION" it is written : "A shell is forming around the earth. It means disaster. Caution. More people should perform Yajnya now".

From the **Baltimore Morning Sun** newspaper we read from an April 23, 1983 article entitled, "SHUTTLE CREW TELLS OF DISMAY AT SIGHT OF EARTH'S DIRTY AIR".

> The astronauts of space shuttle Challenger said yesterday that they were shocked during their five day flight at the amount of pollution they saw surrounding the Earth below them.
>
> "It was appalling to me to see how dirty our atmosphere is getting", Paul J. Weitz, commander of the first flight of the Challenger said at a news conference at Houston Space Center yesterday.
>
> "Unfortunately this world is rapidly becoming a gray planet", Mr. Weitz said. "Our environment apparently is fast going downhill. . . . What's the message? We are fouling our own nest.
>
> He said the heavy pall of pollution resembled the blue smoke of burning wood and seemed to hang over all the world's land masses even underdeveloped countries.

We must rush with all speed to tell everyone we meet of the healing fires of Homa Therapy and the saviour qualities of Agnihotra Ash for cleansing the driking water and giving relief to all kinds of physical and psychological ailments.

Both on the microcosmic and macrocosmic levels things are a mess. Our brothers and sisters all over the planet are crying out for help. From the poorest of the developing countries to the richest of industrialized nations, private citizens and governments alike profess an inability to deal with the awful consequences manmade pollution has caused. Yet through Grace man is given an opportunity to reverse those effects. SCIENCE OF AGNIHOTRA IS THE MANIFESTATION OF THAT GRACE.

[US Satsang, Vol. XI, No. 1, May 19, 1983]

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THE SUN HAS RISEN ON A NEW ERA

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Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

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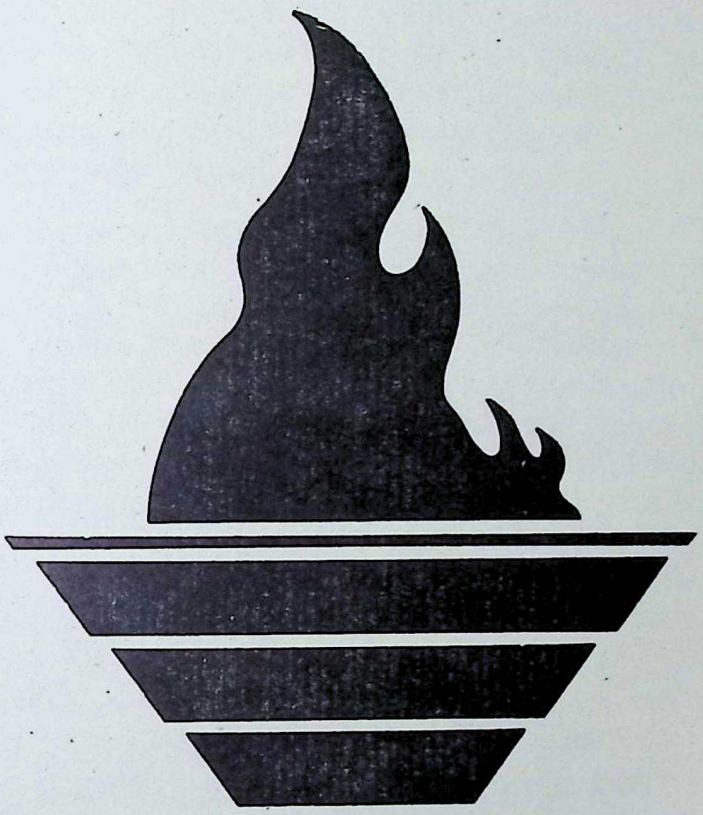

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

September 1983 New Era 40 Vol. IV. No. 4

For Those Who Wish To Be Happy

James Blake
USA

Agnihotra will make you happier. Agnihotra is self-provable. Just carry out the experiment and find out its truth for yourself. We tell you, "This is a rubber ball. Drop it and it will bounce up. This is a brick. Drop it and it will shatter. Why all this talk ? This is a simple experiment that anyone may carry out: likewise the practice of Agnihotra. The debates, metaphysical chatter and book - comparing days have now come to an end. The times are too crucial.

Almighty is only one. He gave the message of Eternal Religion (Satya Dharma) in the beginning. The same message is repeated by the various Divine Messengers that are sent here at chosen intervals to do His Will. They come to reiterate the same message. However they use the language suited to the occasion. The same message is now presented as the Fivefold Path. Agnihotra is the first aspect of the Fivefold Path. as it purifies the atmosphere leading to purification of the mind. The different religions that go by the names Christian, Jewish, Muslim, Buddhist, Hindu, etc. have come at different times in history. After the prophets leave, people who swear by their names formed themselves into sects due to vested interest or ignorance or both. The prophets have nothing to do with theology or sect. The prophets have always stated that they are reiterating what was given in the beginning.

If the teachings of the Fivefold path are of DIVINE origin., surely HIS signs will be given. The religious dogmatist's pride (MADA) blinds him from seeing or even giving a trial to these simple truths. His ignorance, born out of stubborness, is part of thc underlying cause of much of human suffering. The followers of the pride-minded dogmatist often have such faith and trust in the domatist that this vale of irnorant innocence blinds them and like meek sheep they are easily led to the sloughter house unwittingly. However, one important distinction must be made here. One quality often exists in many of these sheep that is

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Totally absent from the dogmatist. HUMILITY. So many humble searching souls are led astray by these 'pocketbook preachers' So many problems in the world but only ONE solution. AGNIHOTRA. It purifies the mind and makes you full of love. This is the experience of families in America and Europe.

There are so many different kinds of motor vehicles but all run on gasoline or fuel of some type. Suppose mass media tells us that now a pill has been produced which can be bought at a negligible price and it would cut down on gas consumption. This would cause a mad rush to the distributors. If we put one pill in our gas tank, instead of getting twenty miles to the gallon we will get two hundered miles to the gallon.

AGNIHOTRA IS FREE FOR THE ASKING. TIME IS RUNNING OUT. FOR THOSE WHO WISH TO BE HAPPY AGNIHOTRA WILL GIVE THEM THE EXPERIENCE.

We tell you now that by performance of AGNIHOTRA one takes one step and the DIVINE takes ten steps. but no mad rush. Just put the pill (AGNIHOTRA) in your gas tank (THE BODILY TABERNACLE) and go for a journey on the DIVINE PATH. Destination HAPPINESS HERE AND NOW! Carefully observe the mileage. It will be better than any gotten before. The highly accelerated purification process creates a vacuum that is immediately filled with DIVINE GRACE making the journey to Joy, safe, sure and secure. Still so many problems in the world' in our communities and in our families. More problems, more problems.

AGNIHOTRA WILL MAKE YOU HAPPIER AND HAPPIER !

[US Satsang, Vol. IV,]

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What is one to believe when one meets people who most seriously state that the effects of pollution can be fought with smoke from a pyramid shaped copper pot which mainly contains dried cowdung? These Yoga practitioners are keen and convinced.

An Indian Yoga teacher on a world tour has just finished a series of seances in Jutland. We met him during his visit to Aarhus where he lectured in a modest apartment at Bogensegade at the residence of Susan Hejl. He calls himself just a " MESSENGER WITH GOOD NEWS" He is in no way in the world to be compared with the famous or notori-

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ous Gurus who have turned the heads of thousands of people around the world and earned heaps of money doing it.

Vasant V. Paranjpe is this new Yoga prophet's name and he says his activity does not bring him any income to speak of. He travels from country to country and stays with good personal friends among the followers. His everyday needs are minimal.

As far as one can see this Yoga system Vasant belongs to called KRIYA YOGA differs from other methods by its great simplicity. To practice it only a few easy exercises are needed, and then, to be sure, the morning and evening burning of what is mentioned above into smoke.

Vasant says that the practicing of Kriya Yoga in no way need disturb one's normal daily functions. On the contrary, it should make life easier to live for oneself and perhaps especially for one's environment. The practice of yoga means one becomes a better person from it and thereby easier to be around. That is what is so hard to believe.

Regarding the destruction of pollution by burning cowdung and some other ingredients in a pyramid shaped copper pot Vasant and his two women disciples, Susan Hejl and Karen Jeffreys (Danish American married to a Washington psychologist) explain that numerous people have realised that such smoke has an effect, both physical and psychological. They feel free from stress which normally disturbs people these days due to polluted conditions of earth, water and air. The process is called AGNIHOTRA. Kriya Yoga consists in addition of some supplementary meditation practices which would lead us too far afield to describe.

Where do they get the cowdung from? They picked it up just out in the fields surrounding Aarous. By the fireplace in the house in Bogensgade stood a whole case full of dried cowdung beautifully packed.
"The farmer did wonder about what we were going to use this cowdung for" said Susan Hejl, "but when I explained it to him he seemed to find nothing strange in it as it was commonly known among farmers that the smoke from burning cowdung had a healing effect. This has been known for centuries.

[Based on Newspaper Report—DENMARK Morgenavisen Jyllands—Posten Aug. 6, 1976.]

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Sapta Shloki (The Seven Verses)

Verse 7

यज्ञदानतपः कर्मस्वाध्यायनिरतो भवेत् ।
एष एव हि श्रुत्युक्तः सत्यधर्मः सनातनः ।।७।।

Yajnya Daan Tapa Karma Swadhyaya Nirato Bhawet
Esha Ewahe Shrutyuktah Satya Dharma Sanatanah

Purport : Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

Commentary on Verse 7 — Vasant

DAAN

The aspect of Daan which is the second step on the Fivefold Path is an important step which leads us closer to the truth. Once we learn to share our assets in a spirit of humility we begin to become less and less attached to the fruit of our labors. We learn to relinquish the hold we have placed on our many possessions and the grip of incessant desires begins to loosen gradually. This does not mean simply to give all our worldly accumulations to charity. This does not mean to squander our wealth by giving it to those less deserving of it. This does not mean giving up desires. This simply means to learn to share with others who we know will benefit from the act of sharing and to do this unselfishly without placing expectations on the other person. It requires discrimination on our part to whom we are to give and further it requires that we give in a humble way without want of praise or admiration.

Daan the second step on the Fivefold Path is an exercise in discipline resulting in good action and giving way to self study in the end.

All aspects of Fivefold Path will apply to daily life or are integrated as a whole. Proper practice of these simple principles in daily life leads to a better understanding of others as well as ourselves. It enhances our own quest for truth and brings us closer to the state of Love for which all of us are in need of.

AGNIHOTRA—AID TO SELF GROWTH

Agnihotra is an aid to the process of self growth. It is a physical, material aid to fight the effects pollution has on our minds so that we can practicc sharing, good Karma and Self study. Agnihotra is not a form

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of worship. It is scientific. It will help you in whatever faith you choose to believe. Again whether you believe in God or you do not believe in God "belief" is not required. You choose your own way of life whether you are devout in your religion or you are an atheist, whether or not you are vegetarian. None of this matters.

It is up to you to decide how to live your life. We are only suggesting simple guides to help you on the path. Let us be full of love. Reduce the anger, pride, jealousy. Reduce desires. This too will help.

More and more people are becoming disturbed by the atmosphere in which we live. This is where science of Yajnya helps to reduce the effect of pollution on the mind.

SWADHYAYA (Self study)

Truth does not come. It is always there. We simply cleanse our minds and clarify this thinking process which so often inhibits our growth and development. Now all that is required is that Love without attachment. If you can be full of love without making any effort then you are a very special human being. For those who need to make an effort Fivefold Path is offered free and for all people. We, all of us, are one. In our own individual search for Truth, for love, for happiness let us not forget we are one.

* * * * *

Agnihotra, Love and Family

Laura Parulis
San Francisco, Calif, USA.

It is difficult for some men whose dreams are humanitarian and expanded to focus oftentimes on the real nature of the present surroundings. There is a kind of uncomfortable feeling like "This is too slow, too boring...I have to DO something! The planet needs me!" But first of all the people right around you are your duty, the family. The real people are the immediate audience. Give healing, love and attention to them. One potent way to do this is by doing Agnihotra in the home.

There are levels of resentment which can only be bridged by a woman who understands that this is just their nature—and can love them unconditionally. Agnihotra helps create an atmosphere conducive to love with out attachment. In these troubled times it is not a luxury, it is a necessity.

Some men need a base from which to function. It is important that they think of themselves as being able to provide for the family. After all, they are going to change the world and give new order. Their families should at least be stable. Just ride with

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tne waves of circumstance. A family shares God's circumstances together and wheathers changes with understanding.

The women who love such men may have resentment. Quell this with love and compassion, not passion, You may not be able to understand why she could possibly resent you (You are trying so hard, can't she see what ideals you have, how noble you are?). She is a tree that needs watering. She is the terra firma. She cannot be expected to run around. Make her a meal once in a while, listen to her even if her ideas and problems may not be as intelligent or expanded as yours. They are real and cannot be transcended until accepted in a way that can allow her to grow. Do not criticize them but offer light so that it may be her food for thought. This tree needs photosynthesis ! She needs your light and love more than anything else.

Do not have an ego, You may feel, on some level, guilty that you cannot provide for her. Go beyond, She does not need much but the humility which you must show may be too much for your ego. Agnihotra will, in a short while, help the ego wither and humility thereby will take its place. You need this humility, this sensitivity. Humility and love alone can heal, not all planning and force and great dreams. Heal the earth. Do Agnihotra to heal the earth's families.

[US Satsang, Vol. XI, No. 4, July 7, 1983]

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Raising Children as Vegetarians

Fran Rosen-Sawyer
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USA

Raising children as vegetarians is a lot simpler than one would think. Naturally curious, your children will eventually ask "Why do we not eat meat?" Be honest. Patiently explain your own reasons why you have chosen the vegetarian lifestyle. It is very logical to a child not to kill animals, cut them up and cook them. In fact, it may even be difficult to imagine the logic in doing so! I suspect most non-vegetarians would find it difficult to explain and justify eating the cows they point out to their children while driving along the highway.

We, as vegetarians, are most conscious of the violence incurred in the slaughter of animals for food. We *become* what we eat and we want to be loving.

Being a vegetarian requires more of an awareness of food selection and preparation. Be sure to plan carefully your child's diet, providing a well-balanced variety of whole grains, whole-grain breads, fresh vegetables and fruits daily, and sufficient protein. Use only unsweetened fruit juices. Fresh vegetable juices made in a juicer are of superb nutritional quality,

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particularly carrot juice combinations (i.e., carrot-celery-cucumber, etc.) Sprouts are a valuable addition to any diet because they are full of B-vitamins. They are a "live" food and a high energy source. Seeds to sprout include : alfalfa, mung beans, lentils, radishee, and clover.

Good sources of protein are : tofu, tempeh, sesame patties, rennettless cheese and nut butters.

The question of milk is controversial. Many children (as well as adults) have been tested for allergies and an allergic reaction to milk has been most prevalent in the U. S. A viable dairy free substitute is soymilk. It can be purchased at most natural food stores, readymade in quart cartons (often in freezer case) or in packages of soymilk powder. It can also be made simply and cheaply at home from soybeans (see in *Ten Talents* Cookbook).

Most people today are becoming more aware of the negative effects sugar has on health, behavior, etc, A child can understand "Sugar can give you headaches" or "Sugar makes holes in your teeth that are called cavities." Still children like special treats. At the end of this article you'll find some simple recipes for healthful treats. (Be sure to include your child in the preparation.)

Listen to your children when they come to you curious and full of questions. Take the time to explain the "whys" and "hows." Help them to feel confident about themselves. With a healthy vegetarian diet we are building strong bodies, minds and spirits through the power of non-violence, patience and love.

NUT YUMMIES

Chopped nuts (almond, cashew, etc.)	honey
chopped raisins or dates	vanilla

Chop nuts and fruit in a blender. In a bowl, combine ingredients and form into balls.

Refrigerate. Share with your friends.

QUICK PEANUT BUTTER COCONUTLOGS

organic peanut butter	raisins or dates (chopped)
honey	

Combine all ingredients but coconut. Form into small bite-size logs. Roll logs in coconut. Enjoy!

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Reminisces on Serving

Peter Stahl
West Germany

(The author reminisces and briefly reviews some highlights and lessons learned in his nine year experience with Agnihotra and Fivefold Path, which is often referred to as Kriya Yoga.)

We met Vasant for the first time in June, 1974 near the Lake of Konstanz, close to the Swiss-German border. His message of Kriya Yoga in the original form was totally new knowledge for us. Especially difficult to understand was the impact of the element of fire on human life, the planet Earth and its atmosphere.

Meeting Vasant meant the beginning of a very decisive change in our lives. Most of the spiritual teachers speak mainly of enlightenment and samadhi. Vasant, on the contrary, did not lay much stress on these aspects. He was more concerned with methods which could help the planet Earth and all of the people on this planet physically and psychologically. So he made reference to the ancient knowledge, the Vedas, which is meant to give the directions for the evolution of humankind. What is important right now in this time? What method would help us to accelerate our development as humans without disturbing our balance? How is it possible to go into higher regions of our inner consciousness which manifest themselves in us as service, love, unlimited freedom and bliss? Vasant laid stress on all these aspects.

"Start with Agnihotra, the fire done at sunrise/sunset for purification of the atmosphere and mind," said Vasant. Vedas tells of all this.

Only people of great wisdom are able to understand the Vedas properly. It is a high Master who gave Agnihotra in this form to mankind in modern times. This was the resuscitation of Vedic knowledge. So we started to practice Agnihotra. Vasant gave many lectures and Kriya Yoga courses in our region. Many people were interested and wanted to have detailed information. So approximately 90 persons came to his first lecture at Dismarch School, and the first Kriya Yoga course in Buxheim was attended by about 70 people.

At that time in 1974, I had just come back from my first trip to India and I wanted to withdraw for some time and live totally alone. I did not even think of some spiritual serving, spreading some message or giving courses. When Vasant finished his lecture he came up to me spontaneously and held my hands with his hands. Vibrations of light and

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love came from his eyes, something I had never experienced before. I felt that something special would come.

That night Vasant slept in our house and in a dream which seemed like a vision, I saw myself sitting in a room in lotus and singing. It was all bliss. I reported this dream-vision to Vasant. He smiled but he did not comment. Instead he asked that I organize Kriya Yoga classes the next week.

His teaching was that one should not get lost in some inner experience but one should work for spreading this message. So we organized the Kriya Yoga classes which were held in the gymnastics room of a school in Buxheim. Many people started Agnihotra because of these classes.

Later Vasant asked Hella and me to show Agnihotra personally or in small groups to everybody interested and to share the knowledge of Kriya Yoga which he brought us. For weeks both of us were busy until we had finished this task and both of us had a new experience. *Serving some higher ideal sometimes leads to some form of higher consciousness which comes by itself, without conscious effort at concentration or meditating.*

Thus slowly a spiritual task developed which demanded something that my ego did not want at all. This task was serving the public by spreading the message of Kriya Yoga.

When Vasant came back in Germany the following year, he asked us to look for rooms in which Agnihotra could be done. These rooms must also be where interested people could come for Agnihotra as well as a meeting place where people could come together.

After looking for such a place, we found a room in 1977 where we could realize these ideas of a fire temple and a meeting place. The house was situated in Buxheim exactly beside the school where Vasant had held the first Kriya Yoga classes. This seemed to be something like a special sign. People could now avail themselves of the knowledge much more easily.

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A short time later, after we had moved into the house. Vasant asked me to give public Yoga classes laying stress on Fivefold Path. This was the most difficult thing for me to do. I had never before worked as a teacher and I did not like the idea of speaking in front of people as I am shy by nature. But somehow I developed more inner confidence in the course of time and I also believed in some guidance from within which would help me do the right thing at the right moment.

When I told the lord mayor of the town our idea of giving regular Yoga classes in Buxheim, he was very pleased. He gave us a room free of charge for this purpose, where such classes are still being held.

Since May 17, 1977 I have been giving Yoga classes in Buxheim and in other places in which I lay stress on the old knowledge of Kriya Yoga. Especially in the beginning much discipline, stamina, willpower and devotion was needed. We met many people who were seeking and we had the privilege to give them inspiration to help them stop old habits, to find meaning in their existence and to activate them to work for further development as human being.

Generally it is accepted that it is important to meet regularly in groups and to do spiritual practices together (Yajnyas, Pranayama, Hatha Yoga, music meditation, concentration exercises or just conversation). Being together strengthens the effects on body, soul and spirit and helps in the—sometimes difficult—struggle of life.

Agnihotra is often underestimated by spiritually orientated people. Once I had a dream-vision in which it was shown to me that Agnihotra lifts us up into the violet region. In the spectrum of colors, violet has the highest vibration and it is said to have a connection to the state of consciousness of "*Serving for the Divine in us.*" Our classes continue through this day and people realize more and more the importance of Agnihotra lifestyle as the situation on the planet is deteriorating due to heavy pollution.

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It's All In The Mind

Barry Rathner
USA

Whether or not the universe is merely a thought, as has been postulated, is not really the question here. The role of the mind in generating

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thought is "You can fool some of the people some of the time, but never all of the people all of the time." The one person you can't fool all of the time is yourself.

Once we know the law of Karma, there is no way out of it. In that sense we may understand the logic behind "ignorance is bliss." But truly, ignorance merely postpones the inevitable. And we have postponed enough things already havent we ?

Once we know that a certain diet or some particular foods are not good for us, rationalize all we want, if we partake of those foods the mind knows. So knowingly, damage is done—physical damage not withstanding. This psychological damage of doing something to yourself you know to be harmful is inescapable. Using this line of thought, perhaps it is debatable whether we should compound the physical damage smokers do to themselves by the psychological effects of the "hazardous to your health" warning on the packs.

One person wrote, "It never dawned on me that I could take five steps forward and *not* fall back. I automatically *expect* to fall back. When I am told 'You will rise so much higher' I think automatically of the big drop from up so high! Sometimes I will, in fact, delay putting my efforts into doing the disciplines, following a diet (food plan), stopping swearing or doing whatever because I'm afraid I'll trip up again. And it gets very discouraging trying to get that positive energy flowing again."

Self-fulfilling prophecies are good examples of power and mind. People obsessed with the fear of getting cancer become prime candidates for onset of the disease. Studies have shown this. If we expect to fall back, we will. The importance of thinking and acting positively is as important for dealing with ourselves as with others. *Love thy neighbor as thyself.*

Agnihotra inereases powers of discrimination, will and action ! Its modus operandi directly involves the mind. Specifically by harmonizing *Prana*, the cosmic life energy a change in mind occurs since the mind is a function of Prana. Prana can be harmonized in several ways, the most potent of which is by changing the atmosphere. Atmosphere is most quickly and efficiently altered through the agency of Agnihotra fire. Hence, atmosphere—*Prana*—mind becomes the nutshell explanation behind the science of purification through Homa fires, in general, and Agnihotra, in particular.

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The three powers gained require responsibility. The responsibility ultimately is to ourselves. It manifests often in service to others, but also devotion through such service is certainly in our own best interests. Our own old Karma is wiped away by serving others.

There is yet another problem with the mind and that is its poor sense of timing—or more accurately its wrong timing. Invariably our thoughts carry us to one of two places, neither of which is in our best interests to go—the past and the future. *Be here now* was the call that ushered many of us into the New Age. Its message is still important and relevant. We must live in the present moment; and to do that, we must either find a way to think only in the presnt or even better not to think

at all. The spontaneity of action without thought, when generated by compassion, love and service, is beautiful to behold and experience.
The "Fivefold Path Mind Training Program" incorporates some of the same ideas taught in several countries for many years. Groups of persons interested in this are invited to contact.

[US Satsang, Vol. XI, No. 4, July 7, 1983]

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Reinstate the Tranquil Flame

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USA

Throughout the ages humans have been wandering and exploring new avenues of technology, new methods of communication and new ideas to promote peace and happiness. Never satisfied with achievements, it just goes on, but the cost to us all has taken its toll, raping our tranquility. Time is precious, and one person's actions can dictate various unfoldments for the future, effecting a personal chain of events or, to some degree, the whole world. One thought or one action brings a corresponding vibration, this is the natural essence of the law of life. So simple, but so vital, to remember every moment. We have a responsi-

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bility to each other. None of us are free from the karmic bonds. It is up to each of us to strengthen our bonds by correct performance, thus enhancing the entire frequency of happiness.

The crusade for happiness will probably continue long after we are gone from this planet. Our descendants will still be struggling to clean up the air, the water, the health problems, the pollution of the minds, etc. We must implement positive actions now to promote a world where everyone is aware that happiness and peace of mind come from within and are freely attained.

By practicing the Fivefold Path, beginning with *Agnihotra*, each person will taste the nectar so divine. Even one small step will have everlasting effects. Have complete faith in this, and you will not only reap the benefits, but you will be providing a service to all humanity and even eternity. We have entered a new era.

Agnihotra *Homa* (purificatory fire prepared in a copper pyramind tuned to the biorhythm of sunrise/sunset) purifies the atmosphere, the water resources of the planet and adds nutrients to the soil. Purified atmosphere leads to purification of the life energy called *Prana* and thus burdens, tension, and anxiety disappear and you feel free to lead a life of *Joy*.

[US. Satsang, Vol. XI, No. 4, July 7, 1983]

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From Vasant's Corresspondence and Talks

You are following as you are shown and you will reap the results daily. Your mood changes will not be abrupt and after some time you will find how you do not get disturbed at all. Do not fear the responsibilities you have, financial or otherwise. You just take care of your responsibilities and then leave it. Be efficient and consistent in your dealings in this world. Then you are doing your duty but you are not getting caught in the web. The deeper reality you reach and experience oniy through meditation and the guidance you are given at that time.

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Reduce caffieine intake. If you can, reduce to one cup a day of tea. Then cut it out altogether if possible You can see that excess sugar just has such a bad effcct on mind and body. So there should be no sugar in the house. You can substitute honey or molasses and even that you can limit. Actually every one should do this although it is imperative in your case that you have no sugar at all, Just a little is enough cause for attack. These are like sugar attacks on the nervous system.

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You can go totally on raw food diet. You are ready for it now. You should not however impose this on your wife or your son. Let your vitality increase and this influences others. So you can start.

* * * * *

In the beginning always the mind is lazy when beginning any new discipline. The mind can create whole new excuses and get out of making any effort. So we have to train the mind. It is one thing not to do some work if your body is really tired. It is another when the body is willing and the mind is not controlled. We have to control our mind.

* * * * *

Do not let every small thing disturb you particularly with your husband. He himself is unhappy through no fault of yours and hence he cannot blame you. He starts coming up and like you he sabotages himself. So only way out for him is discipline and keeping meditation timings.

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P. is going through difficulties at home and these difficulties cause him to become even more confused. Then he seeks out drugs and becomes more confused. Everyone is like that, seeking out remedies in drugs, alcohol, sex and worse things. He realizes the situation is bad but he is not strong enough yet to pursue the Path on his own.

* * * * *

Now you just say "disciplines come first to your mind. Once you become more and more disciplined those desires and emotional ups and downs will decrease. If a desire is to be fulfilled then let it be fulfilled without you taking an active part. Shree knows, exactly what you need; so trust you will be given when the time comes. You just go on practicing all the disciplines and let your husband do what he likes. You will have increasingly more energy, so it will be easy for you to do more instead of less. Do not quibble about who does more. Who does more may very well be working out Karma much faster. So do not let yourself be deceived by such difficulties. In any relationship there is going to be difficulty.

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"The plant bears fruit and the tree bends only slightly its branches in the wind. So must you be. You are to bear only sweet fruit and offer love to all people. The tree never loses foothold; thus you will be rooted into the power of Love. Shree is at the base of the spine. He will straighten you so that you serve with strength. The back bone must be straigtened so that all ailments slide off. You know the meaning of these words.

All past actions are forgiven. Now, only be sure of yourself without ego to prop yourself up with. Be sure in your love of Shree. This supplies all strength for future.

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Take heed. Small TAPA gives much strength. Fill every moment with Shree. All love will follow soon."

To achieve this SADGURU is required. Guru shows the way. Sadguru takes us by the hand. If a child catches hold of the mother's hand, it may leave it anytime. If the mother catches hold of the child'a hand, it is safe, Such is the journey with Sadguru. Sadguru does not give lectures or sermons. He doesn't like collecting disciples around Him. He may give a sermon or a message. He catches hold of the inner mind of the devotee and the cleansing process is accelerated. What cannot be achieved by incarnations of efforts is done in a short time.

This is how Grace manifests through Sadguru. The times we live in are loaded with explosive possibilities. The whole atmosphere is polluted. Disease will soon envelope the planet as never before. AGNIHOTRA is the panacea for all evil. Mind is the instrument of bondage. It could be turned into an instrument of liberation. This is Grace Alone.

"Many are the vehicles of truth. All will be used for this end and no other interest will they serve. All of our people must be trained. For this you are trained. You will go to many different people, high and low, reaching into their hearts, pulling out all the love they are capable of giving. For this gift you should be always grateful and humble."

"Speak less on what has been told. This means action speaks louder than words."

,'All Love to come and once you become strong, that is more and more filled, there is no room for dissention, no room for evil thoughts or ego. You have only to take care to be full of Love, devotion and service to others. I have told you both what could happen if you allow your ego to continue to take hold and if you keep on present effort and become more full of Love."

"Where there is Love, there need be no fear, no worry, no doubt, no suspicion. You have been cleansed in such a way that Light can now filter through you and fill the heart of all around you."

[US Satsang, Vol. VI]

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Chile : Land of Homa Fire

Klaus Pontani
Santiago, Chile

In Chile, as well as in the rest of Latin America, a great spiritual awakening can be observed nowadays. There are Masters of different spiritual movements and disciplines visiting here continuously. One can share teachings, disciplines and a deep set craving for the awakening of consciousness. All this points clearly to the universal features of the New Age.

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In the beginning of February 1983, Vasant arrived in Chile to stay with us for two and a half hectic, but very fruitful weeks. His activities began in Cochiguaz, in the Elqui Valley, 300 miles north of Santiago. He was able to see that on the material plane (a cottage, two therapy rooms and two bathrooms had been built and the main building had been finished) as well as on the spiritual one, work went on since his last visit. *Not only the members of the Cochiguaz community, but also the hundreds of visitors attracted to it from all parts of the world can feel the change in the atmosphere of the place. Countless people have been able to restore the balance of their physical bodies and their minds, to change their discouragement into faith and hope, and their bitterness into love and service.* It is also amazing to note the amount of new land which has been won for farming in the last four years, a phenomenon which stretches out in a radius that ranges up to the nearest city, La Serena. It happens that at the moment of saying good-bye, with tearful eyes, there are many promises to soon return. They go away happy to have found "something," such as inner peace, the great and selfless love of their brothers on the path, which is an answer to a deep-rooted question. There is all the tagging and the labeling of the spiritual movements, philosophies and outlooks on life to lose weight. Only to share the "here and now" remains important; the endeavor that will lead to the one goal-*Love*.

As soon as Vasant arrived in Cochiguaz, he had to speak to a heterogeneous audience, including Mirta and Francia Perez, sisters of the Cosmic Brotherhood, and Dr. Ivan Seperiza, author of "I ask. The answer is" a book on various philosophical esoterical subjects. Vasant urged and encouraged all of them to continue intensifying their work for the sake of all humanity. After that he held a series of reunions with the brothers of the community to give them some guidelines on the agricultural, as well as the therapeutic activities of *Homa Therapy*. He also talked with them about the discipline and the organization of the community in general. Later Vasant said to me, "Although the wonderful atmosphere of the place invites one to stay on, for the time being we have finished with our work so we have to go."

Back in Santiago, accompanied by brother Carlos of Cochiguaz, Vasant contacted several people to discuss their future activities and disciplines. He also used the opportunity to contact Dr. Gabriel Traverso, a scientist in charge of the Laboratory of Molecular Spectrography at the Faculty of Basic and Pharmaceutical Sciences of the University of Chile.

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Our next move took us to Temuco, a city 200 miles south of Santiago, which is the center of the Mapuche people. This group is the main indigenous race and the most important in Chile's history. From there we went to the country zone of Coipue, a two-hour drive from Temuco, to visit with John and Judith Selby. John was a professor of economics at an American university and is presently an organic farmer. Judith is trained in acupuncture, Hatha Yoga and different types of natural medicines. They have built an Agnihotra Fire Healing Temple, and in the background one can admire the snowcapped volcanoes which stand impressively along the Andean range. On 55 acres, in the neighborhood of the Tolten River, the Selbys grow everything they need for their sustenance and at the same time, they carry out the wonderful work of aiding the neighboring countrymen who come to them in search of health and counsel. After visiting the place and looking at a medicine wheel like the one used by the American Indians—which Judith uses in her treatments--Vasant offered a number of suggestions related to farming, therapies and disciplines to the community which is starting to take form. Vasant also spoke privately to the people. Later some brothers of the Great Universal Brotherhood (GFU) arrived from Temuco. Vasant addressed them on subjects concerning the current times and the work to be done. His exposition was interrupted for meditation. When this ended we felt a great union among us as if a strong tie had bound us together.

From Coipue we travelled back to Temuco to the home of Ivan and Regina Urrutia of the GFU, who had felt strongly attracted by the teachings of Vasant. That afternoon we took part in the meditation gathering in the Temple of the GFU. At the end Vasant addressed them briefly saying "All teachings you received from your teacher, Serge Reynaud de la Ferriere can be summed up in two words, *Love* and *Service*", Our stay there terminated by Agnihotra at sunset, after which all people came with us--Vasant, brother Carlos and myself-to the railway station, where we took the train back to Santiago. The atmosphere of harmony and positive energy was so strong that Vasant, while saying goodbye, remarked, "See how much love these people have."

Back in Santiago we visited two small farms on the outskirts of the city, both belonging to persons who have been practicing Agnihotra for some months. At the first place Vasant spoke to Lincoln Salvo and his wife about starting organic farming based on Homa Therapy agricultural methods. Lincoln carried out Homa at this place during the storm,

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that struck the central zone of the country in June 1982, which caused intensive damage especially due to flooding; His home, a large old colonial-style building, suffered only from some leaks in the roof while the street outside had turned into a river.

From there we went to visit Erwin Zacharias who showed us some exceptional potatoes, beans, chilis, etc., which he had grown without any chemical fertilizers or pesticides. He told us, "*I was able to control potato fungus by using Agnihotra ash as soon as I noticed its appearance.*" In the course of the long conversation they had, Vasant asked many questions and gave several suggestions concerning Homa Therapy farming methods. Erwin also told us that, since they started Agnihotra on the farm, the maid who worked there stopped suffering from the frequent emotional ups and downs which had plagued her before.

The next day we travelled to Angelina Lopez's house at Villa Alemana. Fire Healing Temple has functioned there for two years. It is attended by Angelina's parents. They too have reaped abundant, delicious and diversified crops of vegetables and fruits in the large surrounding plot. There was a large gathering of Agnihotris and other interested people waiting for us. Vasant spoke with them. The address was interrupted for half an hour for performing Agnihotra at the Temple. The reunion ended with some time dedicated to questions and answers. Brother Enrique Garrido intervened to tell how it happened that doing only one hour daily of Om Tryambakam Homa at his farm in Limache he was the only farmer in the zone who did not lose his crop of tomatoes due to a disease which hit all the rest of the farmers. He was asked, "What type of meditation is this Homa Therapy which attains such remarkable results?" After talking to some people, Vasant met with Angelica and her mother to find a way to organize future activities in Villa Alemana. They discussed plans for a therapy center as well as the Homa farming to go with it, not only for the people who live there, but also for those who would come for treatment. They are already planning to feed them on a lacto vegetarian diet containing 80 percent raw food.

From Villa Alemana we continued to Enrique's farm at Limache. There Vasant insisted on the need of performing Agnihoira to create a basic healing cycle and to follow with other Homas if possible, later on, for reinforcement (such as Om Tryambakam Homa or Vyahruti Homa). On our way back to Santiago, Vasant talked to Carlos and me, stressing the importance of constant repetition of our spiritual practice and doing

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things as speedily as possible, so as to avoid losing time as the earth calamities are around the corner.

After Vasant's talks with several people in the morning we started for Valparaiso, Chile's principal seaport, where Vasant had been invited by Augustin and Veronica Rosa to speak at GFU headquarters. Two journalists were waiting for him and he agreed to a press conference. Afterwards he addressed an audience of around 70 people about the chaotic situation of the present world. He also explained how to face it successfully by resorting to the disciplines of Homa given to us through the revival of the millenium-old science of Agnihotra. The audience was so carried away by enthusiasm that many wanted to start Agnihotra as soon as possible and one of them, Paul Munoz, who does it now is trying to manufacture the copper pyramids in Chile. Besides greeting a number of old friends and acquaintances Vasant made contact with a family living in Argentina where they can also spread Agnihotra. The same night we returned to Santiago.

The next step was to organize the activities in Santiago. During his last visit Vasant had suggested that we should look for a house or a larger plot to dedicate it to growing some vegetables and medicinal herbs, which would enable us to show the effects of Homa Therapy on agriculture and which would also be therapeutic for us. Confronted with the difficult task of finding a place suited to our needs. we decided to work in the same garden where the Fire Healing Temple stands. To do it, about 100 square yards of the lawn was removed to plant tomatoes, cauliflower, maize, beans, soya beans, beets, coriander, parsley, salf-wort, asparagus, small pumpkins, etc. applying the method of circle gardening. Two wooden rooms with a surface of about 23 square meters were built to be used as therapy units. The results of the experience with the planting were quite encouraging, even though not all of the growth had the same success. Then Vasant and I explored the ideas of printing *Satsang* magazine in Spanish and manufacturing copper Agnihotra pyramids in Chile. We also planned a number of activities for the coming months. Then we started preparations to receive Gotujimaharaj, Shree's son, and Mr. and Mrs. M. S. Parkhe, brother-in-law and sister of Shree, guests from India. After a brief rest and a rapid tour of the city, Mr. Parkhe addressed an audience of about 25 people.

On the following day at dawn we were on our way to Cochiguaz again We were accompanied by Sebastian Eulogio, a young electrical engineer. who was happy having the opportunity to be in such honored company·

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Our new guests were fascinated by the beauty of the landscape and the love they encountered among all they spoke to. We reached our destination late in the evening and after resting for awhile Mr. Parkhe and Vasant both spoke about the critical times we are living in and the way to palliate their impact by means of Agnihotra and related disciplines. The audience consisted of brothers of the Cosmic Fraternity visitors and members of the community. They received the message joyfully and were happy to be able to share some moments with our guests. Vasant radiated love and happiness since the work performed by mother Cecilia and the other members of the community was there for everybody to see. The ideal of a great humanfamily was becoming something real in this distant corner of the world. Later at sunset the Fire Temple was crowded, Our guests had brought wonderful presents for the brothers of Elqui Valley,. Words were needless, things were just understood and the real gift of the evening was receiving, through our guests, the encouragement, support and love from Shree.

The next day began with a visit to the area and the Fire Temple, talking to the brothers and taking some photographs. Later we rode horseback, entering into a Valley where three energy centers exist, one of which was inaugurated by Vasant about one and half years ago. We could not reach the place itself because of time constraints and we halted to do a Vyahruti Homa. After singing, embracing each other and exchanging words of farewell, we took leave from this valley of Peace and Love to return to the noise of the city in Santiago.

The next day Vasant left for Sao Paulo, Brazil. Paz Victoria Rodriguez was waiting for him She had learned Agnihotra in Cochiguaz and is practicing and teaching it in Sao Paulo, Brazil.

To end this account we can state that we had much to learn during those intensely active days with the many teachings we heard, but mainly through all that was given to us with love, by means of the eloquent silence of a living example.

[US Satsang, Vol. XI, No. 5, July 21, 1983]

* * * * *

Fivefold Path Dinner

Patty Norton and
Bonnie Maltby
USA

Fivefold Path Inc. had its first annual fund raising dinner on March 12,

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1983 at Martin's West in Woodlawn, Maryland (near Baltimore). Fifty-two guests attended the dinner-dance.

Fancy Colours an eight man band was one of the main attractions of the evening. As they played, guests arrived and helped themselves to hor d'oevres which included vegetable tempura, mushrooms stuffed with cheese, vegetables with dip, and cheese and crackers. An open juice bar featured Perrier water and exotic juices. Dinner began with fresh pine-apple supreme and salad, Eggplant Parmesan, the entree, was served with a string bean/mushroom combination and a baked potato with sour cream and chives. Dessert included carrot cake with cream cheese icing and a choice of coffee, tea, sanka or herbal tea.

Irvin Gates performed a Homa fire and everyone joined together in chanting Om Tryambakam. Maria Broom, well known Baltimore dancer, exercised her grace in a spiritual dance called "Devadasi."

Paul Sauvin, known for his experiments with subtle energies and plants, some of which are described in the book "The Secret Life of Plants," spoke of the emotional ties a plant feels towards its caretaker.

Vasant spoke on the increasing world-wide acceptance of Agnihotra and Fivefold Path and briefly told some of his experiences during his recent trip to the Homa Healing Centers in Chile.

After dancing and socializing, our own Odell Wilson ended the evening beautifully by singing "Grace Alone" (written by Lisa Powers) as the guests held hands, and sang along in a circle of love.

Many guests responded so enthusiastically towards the evening that we now look forward to our second annual dinner-dance planned for April 1984.

[US Satsang, Vol. XI, No. 5, July 21, 1983]

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THE SUN HAS RISEN ON A NEW ERA

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Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
10/4/86

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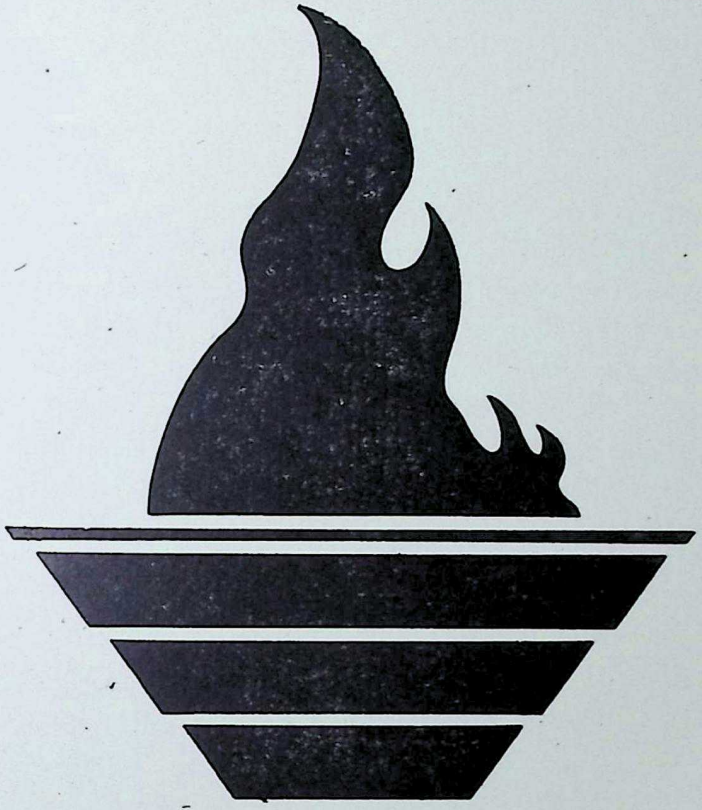

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

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CONCERNING LOVE AND HOMA THERAPY

Why is it that the more we love the more we are loved in return? The more we give the more we get?

Because the two positions aren't opposites, as is sometimes thought, but rather the flip side of the same coin. Whatever quantity and quality contained on one side has an equal proportion on the other side.

The classic sense of love is goodwill. Thus it follows necessarily that the single most important factor in this condition is KARMA. When we do good without attachment to the fruit thereof we're making good Karma. To act otherwise is bad Karma. Karma that we do is bound to return to the doer in one form or the other since every debt must be paid. We often do good Karma with those who we love. There is no law so universal as the law of balance, as it operates in love as well as in physical sciences.

The Avatar has commanded it. LOVE. When the scientific basis of this universal need is fully understood and explained, it will manifest everywhere and all of mankind will flourish. Now, at the scientist's disposal, is the means with which this ancientmost expression of the living undergoes the finest scrutiny and application. HOMA THERAPY. Practice of its message of the FIVEFOLD PATH provides the most critical examination of love that is humanly possinle. In the process of such an examination, LOVE IS SEEN ON THE SAME LEVEL OF NECESSITY FOR HUMAN SURVIVAL AS FOOD, CLOTHING, SHELTER OR AIR. HOMA THERAPY, in like manner, effects for the better all life on this planet.

We may or may not actively or consciously seek to love everybody else. But we certainly have no objections if everyone else chooses to love us. The human tends to gravitate towards love. It is as natural as breathing. There

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is nothing which makes us feel so good and comfortable as love. AGNIHOTRA, the smallest form of HOMA THERAPY helps us to love. Love provides a deep sense of security unmatched by the possession of all the nuclear weapons on earth. HOMA THERAPY puts the apparatus at our fingertips with which we can fulfill the message of the Son of Man. With HOMA THERAPY WE FILL ALL THE SPHERES WITH MOLECULES OF LOVE. (US. Satsang, Vol. VII No.24)

CLASS LECTURE

James Blake

(From a class given at Jackson, Mississippi.)

We always start our classes with a moment of silence. We would like to start this class with a Yajnya called Vyahruti Homa which purifies the Three Lokas.

"The Vedas speak of TRILIKA (Three worlds) which are termed as Bhooh, Bhuwah, and Swah. For people on this planet, earth is Bhooh. For creatures on another planet, their planet is Booh for them. Bhuwah relates to the atmosphere that surrounds the planet. Swah relates to the world above it. The seeds of all your material aspirations stretch within concept of TRILOKA. Vedas give a method of purification of the TRILOKAS which leads to collective prosperity and peace." *(Satsang Vol. 1 No. 3)*

This Yajnya is a special Yajnya that we can learn sometime. It can be done at any time, where as AGNIHOTRA must be performed at exactly SUNRISE and SUNET. It is especially recommended for a gathering of people and to start a meeting. Afterwards some time could be given to meditation. *(Then Vyahruti Homa was performed followed by meditation for a few minutes.)*

When Avatar Jesus 'The Lamb of God' descended upon this planet approximately 2000 years ago to perform his allotted task, at one point he gave a lesson on the nature of prayer and a powerful prayer which became known as the LORD'S PRAYER! It was in seven verses and it was a manual for the development of the Soul. He spoke vehemently against the "Sunday Morning Hypocrites" who had strayed far far away from the

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true Religion of Almighty.

"And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the steets, that they may be seen of men." Jesus

The following is a Mantra (Sanskrit utterance which is based on the Science of Vibrations); it is called Sapta Shloki (The Seven Verses).

"SAPTA SHLOKI (The Seven Verses) is a gift to mankind from Parama Sadguru Shri Gajanan Maharaj of Akkalkot. Sadguru means Perfect Master and Parama means the highest. Shri Gajanan Maharaj is known as Parama Sadguru meaning Highest among the Perfect Masters. The Seven Verses unfold in a succint form the essence of the Vedas. The Vedas are the most ancient composition known to man. It is also called Shruti meaning that which was heard. The word comes from Sanskrit root "Shroo" to hear. Veda comes from the Sanskrit root "Vid" primarily meaning to know. Hence Veda means knowledge. The Vedas are the first revelation given to mankind. The seers merely heard it and hence the word Shruti. The seers faithfully transmitted by word of mouth that which they heard in Almighty's own words." (Satsang Vol. I No.2)

We should all learn this Mantra. We can work on it together. Also we have cassette tapes for those interested. The recital of a holy Mantra purifies the consciousness, elevates the soul, wares off evil and brings many blessings.

Then SAPTA SHLOKI (Seven Verses) recitation was done. Now we will start our class.

I ask you one question. is there anyone here who does not want to be happy? Or we could say is there anyone here who would rather live in a state of misery, pain, vice, immorality and suffering when it is our Divine Birth Right to be HAPPY? We are constantly being bombarded by 'Grace Waves' of immense Joy and HAPPINESS but due to layers of nescience (ignorance) that surrounds us we are unable to experience the state of BLISS ETERNAL which is our DIVINE BIRTH RIGHT. There are also past impressions on the mind due to bad experiences in life which we have all had. These mental scars are the deepest and the most severe and they must be erased from the mind.

The techniques which we may learn in our classes will erase these past

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impressions from the mind and you will see for yourself that what lies beneath these past impressions is HAPPINESS. There are subtle laws that were implemented by the Divine Hierarchy at the time of creation and it is our breaking of these laws that brings us every ounce of suffering that comes to us.

Once we know these laws we can begin observing them and this change on our part will completely turn our lives around. What was once for you a cold world and everyday a toil down misery road gradually turns into a Journey of Joy. This happiness which we speak of is not pleasure. Pleasure is evanescent. It vanishes like vapor into misery and bondage to the source of pleasure. The pleasure seeker is truly a misery seeker in disguise, but he or she is usually too blinded by the Demon of Pride and his or her hard head to see the self-created destruction that awaits just around the corner.

(US. Satsang, Vol. VII No. 24)

When Will We Ever Learn ?

Barry Rathner
USA

"Where have all the flowers gone?" asks the popular song. And finally "When will they ever learn, when will they ever learn?" Learn what?

Basically learn the operation of the Law of Karma.

Once we are aware of the workings of the Law of Karma there is no escaping it, we have been told. And now in this age of the due of so many past karmic debts, few of us have the luxury of claiming ignorance of this basic cosmic law.

Despite this observations on the present state of affairs yields blatant examples of humanity's continued attempts to bury its heads-or worse, the heads of its neighbors—in the sand. Instead of loving our neighbors many of us are duping our neighbors, thinking that somehow we will come out ahead. Sooner or however karmic justic prevails. So much misery can be avoided by proper behavior in consonance with this law of nature.

Homa Therapy—the core of which is daily sunrise/sunset *Agnihotra* fire—increases the powers of discrimination between right and wrong, will

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and action. Thus we become better able to choose and do actions which tend to attract good karma rather than bad, and ultimately to behave instruments, free from attachments to the fruits of our actions.

In Manchester, New Hampshire, the city has used a company for $6 million alleging the firm sold asbestos to in schools and public building *after it was known as a health threat in being a cancer-causing material.* And then remember one chemical company, one of the stars of Vietnam? It may receive permission from Environmental Protection Agency to continue to sell a herbicide containing dioxin, presently banned in the USA. The *Boston Globe* newspaper reported on February 13, 1983 that the dioxin containing 2, 4, and 5-T is still being sprayed on thousands of rice field and cattle ranges in the USA. This herbicide has been shown to cause cancer, birth defects and damage to the liver and other organs at very low levels of exposure in experiments on laboratory animals.

(US. Satsang, Vol. XI, No. 6, Aug. 4, 1983

Yoga and Meditation for Children

Fran Rosen-Sawyer
Charlottesville, Va.
USA.

Fran Rosen-Sawyer and Bonnie Maltby are the co-authors of the newly published book *Yoga and Meditation for Children (A Teacher's Guide for Children 8 to 12 Years Old).* It is a teacher's guidebook that includes yoga asanas for children, introduction to different types of meditation and principles of Fivefold Path. It also includes breathing techniques, art and music activities, songs by Sun Fenz of Austria and illustrations by Fran. Although it is geared for 8-12 year olds, all the activities and postures can be adapted to children of all ages. Both authors have successfully used this program in pre-school settings also. It has been tried in the USA and Europe. Fivefold Path is a program designed to help children develop good habits of body and mind.

The book begins with an "Introduction to Parents" as follows :

"Welcome! We are happy that you have chosen to send your child to our yoga/meditation class.

As a parent you will soon notice the beneficial effects that the yoga exercises and meditation techniques have on your child. His body will become more flexible and stronger. His mind will become calmer and more alert and he will experience a sence of emotional well-being.

Your child does not need to perform the exercises perfectly to achieve good results. Each

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child differs in flexibility and will improve at an individual pace with practice.

We will encourage your child to use his imagination and express his feelings and ideas clearly.

Through our program of stories, creative writing, art and music, your child will practice five concepts that promote happiness. These concepts are sharing, selfdiscipline, positive action, self-awareness and purification.

With your encouragement and participation, yoga can become a part of your child's daily routine. It can become a fun and rewarding family activity. Yoga has a wonderful way of creating family togetherness."

Yoga and Meditation for Children (A Teacher's Guide for Children 8 to 12 Years Old), Publishers Agnihotra University, P.O.Box 43288, Washington, D. C. 20010-9288. Price $7.00. For distributor inquiries and wholesale prices write to Bonnie Maltby c/o Agnihotra University.

(US. Satsang, Vol. XI, No. 6 Aug. 4, 1983)

Teacher's Workshop for Children — Yoga and Meditation

Fran Rosen-Sawyer

"Children are like seeds which we have planted. We have to nourish them so that they grow to be healthy, strong, and loving people.

"Through yoga and meditation we can guide our children through the fast-paced world of today, offering them a way to cope with the problems and pressures now and through the rest of their lives. Yoga and meditation is a way of life....."

With the above introduction we began the first teacher's workshop on Yoga and Meditation for Children led by Bonnie Maltby and myself. It was held at Agnihotra University in Washington, D.C. on May 1. Of those who attended, some were already teachers in public schools and pre-schools and some were mothers interested in forming informal classes for children in their neighborhoods.

I think we all felt the beginnings of something very vital to our communities - the gentle education of children through the age old practice of yoga and the nurturing aspects of sharing, good thoughts and actions, self-discipline, and self-study.

"Coupled with the dynamic healing fire of *Agnihotra,* the program outlined in our book is" a wholistic approach to yoga as a way of life, rather than an activity we do once a day."2

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Our workshop day began at 9.30 a.m. with a getting together and light, healthful refreshments. At 10.00 we all sat in a circle around the copper Agnihotra pyramid and did *Vyahruti Homa* (purificatory fire). Following the recitation of the mantras, we sat in peaceful meditation.

The "Circle of Friends" came next in which everyone introduced herself and told what she wished to learn through the workshop. A smile was passed from person to person around the circle, an activity we often use with children to begin a class. The smiles seemed to stay with us the whole day.

For most of the morning we did yoga as a group, following the yoga asanas from the book Bonnie demonstrated each pose and we all joined her in the "cat," "conra," "bridge," "fish," etc. All the exercises were read through as if we were teaching them to children complete with the "sss" of the cobra and the cat's "meow." There was lots of laughter and sometimes the need for an encouraging, "Come on, you can *try* it," just as with children. Because yoga is noncompetitive, children as well as adults can relax and do the best they can without fear of being compared or scored.

At 12 noon we gathered again in our circle for midday meditation and *Vyahruti Homa*. As the pleasant fragrance filled the atmosphere, our bodies, stretched and invigorated from yoga, relaxed into a peaceful state.

After lunch we reviewed each chapter from the teacher's guide outlining activities to illustrate each step of the Fivefold Path. We began each with a special song written and sung by Sun from Austria played on the cassette recorder. Her "Daan," "Tapa," "Karma," and "Swadhyaya" songs were light, cheerful ways to begin explaining each concept.

When we came to Swadhyaya (Self Study), we played the "Swadhyaya Exchange Game" in which each person writes five *positive* qualities about herself and then put the paper into a box or hat. Everyone then picks up a piece of paper from the box and tries to guess which person's qualities they have selected. It was fun with many wrong guesses and a good look into ourselves. Other activities included drama, art, music and movement.

"Art as Therapy" was introduced by me. The importance of art as a therapeutic tool to self-expression for children was illustrated with samples of children's art from day care centers and individual art therapy sessions with children. Following this the entire group drew *Mandala* drawings to music. *Mandala* is a Sanskrit word meaning circle. The shape of the circle is a safe boundary through which a child can express him/herself. The child does not find it threatening because the area has been designated for their use. The mandala can be a very revealing process of self-discovery although the "magic" of it is more in the process itself than in analysis of the drawing. We all shared our mandalas in the group and discussed our impressions of them.

At 3 p.m. *Vyahruti Homa* brought a reaffirmation of the peace and calm we all felt throughout the day. The periodic meditations helped us to refocus on that energy and "recharge" to continue the day's activities.

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A complete relaxation experience was led by Bonnie who guided us slowly into relaxing each part of our bodies from head to tow. This prepared us for guided imagery. As Sun's song "Imagine" was played softly in the background, we were floating through a river imagining the sunrise, soft, fluffy clouds, the gentle feel of the wind and the sound of birds singing in the swaying trees.

The music seemed to weave its way through the whole day of the program and a rhythm experiment was one planned activity that led us into song.

We ended with a lively question/answer period including comments and suggestions for future workshops. Everyone expressed interest in further yoga/meditation workshops for children and adults, art therapy, music, herbs, vegetarian cocking, etc.

We all experienced a feeling of unity and friendship as well as a common sparked interest in serving children with the knowledge we shared. One of the teachers wants to take yoga and meditation to her public school class. Another expressed a desire to start teaching yoga in her backyard to neighborhood children. Still another will include it in a perschool setting. More workshops will follow.

(If you are interested in having similar workshops in your area please write to Noni Ford c/o Agnihotra University, P.O.Box 43288, Washington, D.C. 20010-9288.)

1 Rosen-Sawyer, Fran and Maltby, Bonnie, *Yoga and Meditation for Children* (A Teacher's Guide for Children 8-12 Years Old), Agnihotra University, Washington, D.C., 1983, foreward p.7.

(US. Satsang, Vol. XI, No. 6, Aug. 4, 1983.)

2ibid, p.9.

The Mind and Meditation

Dr. R. Mishra
Monroe, New Yoek
USA.

What is the mind? Feel it. It is the energy by means of which the self thinks; and thinking is what transforms this Prana and Pranic energy into the psycic universe. Therefore, there is a relationship between Prana and psyche. By means of thinking, Pranic energy is transformed into the universe of the five elements; and conversely, by means of the non-thinking mind, this matter is transformed back again into Prana.

So we can see that this is a mutual transformation - energy into matter and matter into energy. Our mind is the arena for these opposing forces. Consequently, there are two types of mind: thinking mind, which transforms energy into the matter of the universe, and non-thinking mind, which transforms the matter of the universe back into energy. But

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remember, thinking cannot go ahead without another triggering force. That triggering force is desire. It is desire that manipulates and distorts, mistranslates, misuses, abuses and overuses the forms of energy. It creates its own hallucinatory universe.

The real universe is not hallucination, but unfortunately we cannot know its true nature because our thinking mind translates its existence according to its *own* existence. For example, if thinking mind is happy, it feels the whole universe to be happy. If thinking mind is going to have a nervous breakdown and is unhappy, then it feels the whole atmosphere to be unhappy. Non-thinking mind is that mind which is absolute silence, and in the state of this non-thinking mind, meditation happens.

Meditative mind is silent mind. It is not the silence that thought can create, produce, or conceive. It is not the silence of the graveyard. It is not the silence of midnight. It is like the silence of light, which you cannot miss. Light reveals the object, and in the absence of the object it shines in its own glory. It is that silence in which thought - with all its images, imagination, fantasies, phantasmagoria, words, and perceptions - ceases to exist independently.

This meditative mind is called non-thinking mind and non-thinking mind is the real mind. When thinking mind is born, the subjective-objective universe is born with you likewise. When non-thinking mind is born, heaven is born with you, This non-thinking mind is the true vision of God. In this state your thinking mind is dead and your non-thinking mind is born, heaven is again born with you. Jesus Christ said, "you cannot enter into the kingdom of heaven unless you are reborn". Feel it directly.

In this heavenly state, you feel yourself eternal, immortal, tranquil and blissful. When you descend to earth, you feel more mortal, doubtful and miserable. Fall from non-thinking mind means fall from heaven and fall from heaven means birth on the earthly plane. Fall from heaven is the original sin and attainment of thinking mind is the secondary sin. Therefore, sin cannot be avoided as long as we do not remove the original sin. "I am not the mind, but the absolute stillness". In this state, when thinking mind does not arise, you are in Godhood. All sins—original and secondary - disappear in this state. Whatever you do now through this non-thinking mind will not be your doing. *You Can Only Be the Witness*. It will be the operation of heaven directly. You can feel it.

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Two cannot speak at the same time, especially not about opposite things. When thinking mind speaks, heaven remains silent. Likewise, when ego operates, God disappears. When God operates, ego disappears. It is a wonderful "hide and seek." Non-thinking mind gives you a direct vision of the universe - and this is religious mind. The religious mind or silent mind is more powerful than any weapon available till now, including the atom, hydrogen and neutron bomb. That emptiness in which sun, moon, and stars are moving cannot be destroyed by any means. You can destroy only those things that have some dimension. How can you destroy that which does not exist?

Whatever exists to our senses is nothing but a product of energy in the form of universal elements. It therefore has dimension and is open to destruction by any means. The human body has dimensions and therefore it will die, either naturally or accidentally. But our real Self has no dimension and therefore it cannot die. In other words, what is presented to our senses in the form of universal objects is not the true form of energy. It is the product of energy. Any product of energy has three qualities: appearance, growth and disappearance. A human body is born, grows and dies. A tree is born, grows and dies. In this universe nothing is an exception to this process, not even the thinking mind. Our thoughts are born, they grow then disappear. In short, whatever exists in the form of objects, outside or inside ourselves, is fantasy and hallucination because reality is energy and universal matter is product. In this sense, Spirit does not exist. If it did, it would be victim of birth, death and decay. Now is it nonexistent like the horn on the head of a horse. Its existence can never be perceived by the senses or the thinking mind.

"Be still and know that I am God." "be still" means: be in the state of non-thinking mind. "Know that I am God" means; in that state, *feel* what God is. As a help for understanding, two things are given here: first is "be still" and the second is "feel God". Actually, stillness is Godhood, so you do not need to wait.

Non-thinking mind is the explosion of silence. And once it begins to explode, it never stops doing so. It is the vibration of the new universe *now*. Your thinking mind is now too old. It needs its final ceremony. Or you can keep it still as you would keep a barking dog in your house for protection from evil. Because this dog knows how to discriminate very well.....

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Meditation is the explosion of love. It is not the love that we know. Our love is full of hatred, domination, exploitation and conditions. This is called business love. In business we have conditions. If those conditions are not met, there will be no business. Spiritual love is unconditional. It is like the sunlight. You just love, whether anybody accepts it or not. Your love is open to all those who are enjoying the light although there are many people who cannot tolerate that light. But your love is like that. It is not directed to anybody in particular but it is like air. Everybody can enjoy its fragrance.

In is this love which is limitless. It has no distinction and no separation. In this state of love nothing is far away. In this love the unity and multiplicity of the universe are pulsating and yet it is beyond both. Like the daylight that conceals all the stars, this love admits no division. It is Truth and it is Life. It is Existence and it is God. This Love leads a meditative person to the state of freedom from all limitations.

Feel it and Be it!

(US. Satsang, Vol. XI, No. 6, Aug. 4, 1983.)

Infinite Mercy *Barry Rathner*

We have written of the necessity of our enduring some of the sufferings and inconveniences experienced by our brothers and sisters, if only to give us a feeling of empathy with them. How can we help the sick if we ourselves have never been sick? How can we help those afflicted by poverty if we have no inkling of what the experience is like? How can we understand mental depression if we are blitzed all the time?

Since many of us sincerely wish to serve humankind, these are relevant questions. The powerful tool that is *Agnihotra,* however, seems to create situations where our visitations with misery and suffering are so short that we need almost to stop and take account of them, lest we nearly lose sight of them altogether. It has been said that *with Agnihotra, even if you want to be miserable, you won't be able to.* At times some of us may seek the "solace" of depression when we just want to be left alone and do our worrying and self-deprecating. Such cycles which used to last days, weeks, even months now are reduced to minutes! And what is even at least as unusual, it is hard to understand what it is that brings us out of these

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moods. It certainly doesn't seem to be of our doing. That's for sure.

When we have tried, made some mistakes, and tried again but failed - at least in our perception - We sat back, tried to brood and feel sorry for ourselves, but it just didn't last. Somehow either without any conscious effort on our part or other times with just the slightest bit of effort, we are pulled out of the well of human misery and lifted to heights not previously experienced.

It is said that an illness properly treated often leaves the patient healthier than prior to the onset of the disease. Treating a stomach problem, e.g. by restricting food intake, fasting or engaging in some natural treatments such as mudpack, hydrotherapy, etc. often results in a stronger constitution. The same may be said for psychological problems. Should we try to supress a depression or bad mood with valium, drown our business with whiskey or cover over disappointments at school with marijuana, we should expect the same as one who tries to suppress physical diseases with modern drugs. Invaribly the result is a return of the problem sooner to later in same or similar form with increased intensity.

In truth it is the operation of law of Karma. Through some hygienic or dietary sin of commission or omission, we have taken ill. It may also be old Karma. We must pay the piper. Taking the "easy" way usually doesn't satisfy law of Karma. Therefore it isn't effective. Faulty diet is at the root of most or all illnesses according to many health professionals today. Laypeople know or sense this now, yet "many would prefer an early grave to going against ingrained habits..... The main hope is, as always, more likely to be with estrogens, anti-coagulants and dilatory drugs. The dangers in all such unsatisfactory measures are well known to the medical profession. They would not be considered for a moment in a society that had not reached lunatic heights in its perverse refusal to face the absurdly simple answer to so many of its health problems. The prevention that is infinitely preferable to any hoped-for cure."1

Unfortunately our faulty eating habits are reinforced by so many facets of our society including advertising, recreation, economics, and above all medicine.

Orthodoxy (doctors) shows a profound reluctance to recognize the basic cause of ill health and even to this day ignores or vastly under-rates the importance of diet. With their noses kept firmly to the grindstone of

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pathology, doctors continue to be given a traditional training that perpetuates a fundamental misconception of disease and the process of healing, It is not pathology (the study of disease) but hygiene (the science of health) that will one day have to occupy our schools of medicine. Apart from a passing acquaintance with a few elementary diets for specific complaints, their curriculum excludes any serious study of the relationship between health and scientific nutrition. Undeniably they are aided and abetted by most of their patients who would actually prefer to have organs removed rather than submit to self-discipline or common sense. *All too many doctors and laymen appear eager for a panacea that will allow a continued disregard for the law of cause and effect.2*

But the law of cause and effect (law of Karma) is inviolable and is disregarded only with great risk. The simple practice of sunrise/sunset Agnihotra pyramid fire however, seems to result in such great benefits to health through its effects on mind and body, that the efforts required to do it appear small indeed. The effect of Agnihotra on plants could also be noticed in a short period.

Grace has been described as a sight bending in the law of Karma (in our favor). It is through Agnihotra that the infinite mercy has been manifested on earth.

1"The Ecological Priority of a Humane Diet", in *Food for a Future,* Wynne-Tyson, Jon, Abacus, Sphere Books Ltd., London 1976, p.62.
2ibid., p. 53.

(US. Satsang, Vol. XI No. 6, Aug 4, 1983.)

Earth Being Driven Towards the Sun

Vasant

Some interplanetary struggles are now going on about the growing problem of pollution on this planet and its effects on all creation. We might see wars between planets in the not too distant future. It all sounds like science fiction but it is absolute truth. Entities from other planets also make themselves manifest on earth soon. Veda meantras begin coming from more developed areas. CHILDREN BE ALERT. YOU ARE BEING GIVEN DIVINE KNOWLEDGE — SHRUTI (VEDAS).

Divinities near Ireland.

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Interplanetary projections cause breakdown of communication facilities on this planet. They are trying to disrupt. The pollution on this planet is great.

Course of planet earth is changing. IT IS BEING DRIVEN TOWARD THE SUN. IT IS SOME OTHER INFLUENCES CAUSING THIS. THE ROTATION OF THE EARTH IS WEAK BECAUSE OF POLLUTION. ONLY WAY TO STOP THIS IS BY PROPER PERFORMANCE OF YAJNYA. THEN BY GRACE ALONE WILL IT STOP.

The Grace of a chosen child becomes manifest.

Life on other planets not only exists but some of these are higher life forms becoming greatly disturbed by our actions that have created so much of pollution through all of creation and an UNWILLINGNESS IN A LARGE PART TO DO ANYTHING ABOUT IT.

Yajnya is the answer, Yajnya is the key. Yajnya opens the door to happy life on this planet.

Earth veering more toward sun but atmospheric currents deceive the astronomer. They must be warned. Of course by Grace it will be kept away.

Levitation, manifestation of multiple bodies, etc. is child's play in comparison to what level we are dealing, what we are involved with. This part of the plan has involved the highest of the high and the lowest of the low and it is beautiful how it will be. Now the efforts must be made with extreme intensity of devotion. (US Satsang, Vol. V, No. 11, Aug. 4, 1983.)

SATSANG NEWS, INDIA
MAHARASHTRA

AGNIHOTRA GOES TO MAURITIOUS ISLANDS

Mrs. Malati Vijaykar
Bombay

Mauritious islands, one time French colony, are situated in the Indian Ocean not too far fram the Indian sub-continent. The main population consists of Indian emigrants who came to this island to work for the agriculture and sugar industry. The Asian consists of different Faiths and

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the langauages spoken are French, English, Hindi and Urdu.

I was planning to visit Mauritious since 1981 with an aim to spread Agnihotra and the message of the Fivefold Path. The opportunity came to me in last July. I landed on this island on the 11th July. I was the guest of my friend Miss Nalini Ambegaonkar with whom I stayed for 35 days. Miss. Nalini is deputed by the Govt. of India to work as an advisor to the Governer of the Bank of Mauritious since 1981. It is because of her I could develop contacts with many people and the various organizations. Miss Nalini introduced me to her French teacher Mrs. Dulari who calculated for me the local Sunset/Sunrise timmings and distributed Hindi and English Agnihotra pamphets to Shivananda Ashram and Ramkrishna Ashram and other groups.

During my stay, especially in the month of August, the political atmosphere in Mauritious became tense due to conflicts among Christians, Muslims and Hindus. Fresh elections were to be held on August 21 and people were busy with election propaganda. In such situation my friends advised me not to take part or give lectures on Agnihotra without the prior consent from the High Commissioner for India in Mauritious. I became helpless but was waiting for an opportunity. On August 3, I visited Ramkrishna Ashram and met Swami Balaramananda. I gave Agnihotra pamphlets and the book 'SHREE' for the use of Ashram library. I asked Swamiji if he could arrange my talk on Agnihotra. Swamiji expressed his inability on account of the lack of time at his disposal. I became a little bit restless for I was to leave the island on 15th Aug. Somehow due to 'SHREE'S Grace I was informed by Swamiji that the programme was arranged on the evening of 14th August wherein I could speak on Agnihotra only for 15 minutes. I gave my consent but surprisingly after a couple of hours Swamiji rang me informing me that I could speak for half an hour or more as the main speaker was unable to come. Thus as the Grace would have it Agnihotra became the main topic of the programme. In my talk I briefly explained the hazards of pollution which had created threat to the very existence of our planet. Inspite of material plenty and various comforts man is deprived of mental peace. Various incurable diseases such cancer, leukemia etc. are taking heavy toll of human beings. Both advance as well as underdeveloped countries are victims of various kinds of pollution. Thus energy cycle of the planet is disturbed. The only way to set the things right was to practice Agnihotra, a very simple process to counteract pollution. I emphatically stated in my talks that Agnihotra or the Fivefold Path is not a new sect or religion but belongs to the Eternal Principles of Religion, the Vedas, the ancientmost knowledge given to humankind at the time of creation. Whosoever belonging to any formal

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religious group or sect, the regular performance of Agnihotra will make him a better member of his group or following. Agnihotra can be practiced by anybudy in any walk of life. Selfless love is the most powerful weapon which can dissolve all the differences. Agnihotra gives and nourishes the power to achieve this state of love. Further I narrated in brief the other benefits of Agnihotra and the healing effects of ash for treating various diseases and in raising the healthy crops without using the chemical fertilizers and pesticides.

My talk was presided over by India's High Commissioner Mr. Premsingh. The talk was appreciated by all and immediately some people purchased the copper pyramids and the required material for the performance of Agnihotra.

emmigrants

Agnihotra And Eloptic Energy Jerry Hodges

(Reprinted by permission of Advanced Science Advisory, September-October,1983)

Recently, it was my great fortune to meet Dr. Sarah Hieronymus and Dr. T. Galen Hieronymus and discuss the extremely important work they have done and continue to do for the evolution of our planet. Of particular interest to me initially is their endeavor with the publication, *The Oasis,* for which Dr. Sarah is Esoteric Channel and Dr. Galen is Editor. *The Oasis* "is designed primarily for the advanced student of the Light, however, any newly-awakened child of the Light can gain much wisdom from many of the Discourses given by Ascended Masters." Not long after my arrval at the Advanced Sciences Research and Development Corporation, Inc. located in Lakemont, Georgia, I learned of the very significant scientific research that Dr. Galen has been doing for the past 60 years.

Specifically, Dr. Galen's pioneering research with Eloptic Energy, a term that he coined, is exteremely encouraging. In describing this phenomenon, he states:

"There is an energy radiating from or a force field surrounding each isotope of each element of material matter in the universe. When two or more elements are joined together into a molecule of matter, that molecule

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radiates an energy that is peculiar to that molecular combination. When several molecules of matter are joined together into a complex compound, the compound radiates energy that is peculiar to that compound. The word *Eloptic* is taken from the first two letters of electricity and the word optic, because the energy has some, but not all, of the characteristics of both those forms of energy".

Dr. Galen has invented and patented an instrument call an "Eloptic Energy Analyzer", a quantity measuring device that can give an indication of the intensity of the energy radiating from the material being analyzed. This energy has often been referred to as the "Energy body" which Kirlian Photography has noted as "Photographing".

From a practical view, what are the uses of this Eloptic Energy Analyzer? Dr. Galen Hieronymus states:

"Combinations of two or more elements give off a characteristic frequency of radiation by which the combination may be identified. For example, hydrocarbons such as benzine and toluene have been analyzed and the findings verified by spectrographic and chemical analyses. Each of the tissues of the body gives off a characteristic *eloptic* emanation by which it can be identified and the virility or vitality of the tissue may be determined by noting the intensity of the radiation. Each disease entity gives off a characteristic emanation by which its presence in the body and something of its virility may be determined.

"*Eloptic* energy can be conducted along light rays, focused with lenses, refracted with a prism and its effect implanted upon photographic film. An aerial photograph taken at several thousand feet elevation can be used to determine what was in the objects photographed on the ground, such as people and metals in buildings, cars, etc.

"The apparatus (*Eloptic* Energy Analyzer) can be set for any elements, such as iron, and a stylus placed on the spot on the film to be analyzed. The energy implanted on the film will be picked up by the stylus, conducted through the instrument and, if there is *Eloptic* energy of iron on the film, it

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is evident that there was iron on the ground radiating the characteristic iron frequency even though not visible to the eye.

"Plants can be analyzed to determine whether the root, stem, or fruit contains the elements necessary for proper nutrition, such as iron, copper, manganese and other trace elements. The plant or fruit can also be analyzed to determine whether it contains arsenic or other poisons from sprays.

"Foods, poisons, drugs, etc., can be checked to determine their effect upon the body or any particular issue of the body.

"Those foods or drugs to which a person is allergic and those which are compatible can be quickly identified.

"Just as a photograph can hold the emanations of the object photographed, so can a specimen, and article of clothing, a drop of blood, ruine or perspiration carry the emanations of the person from whence it came.

"Such a specimen will carry all the emanations from all parts of the body of the person whom the blood was taken. Its emanations and those taken directly from the body of the person will be the same. Thus, many of the characteristics of the person from whom the blood or clothing came can be determined".

Dr. Sarah Hieronymus has used the equipment extensively in researching the healing aspects of herbs and other materials known to be medicinal. Having heard of the process known as Agnihotra, she was interested in conducting a small experiment on the evening of my departure. With the help of Dr. Galen, who was not familiar with Agnihotra, the parameters of the experiment were set up to include the three of us a participants along with three plants: Jade, Begonia and Geranium.

It was decided that Agnihotra would be performed on the patio outside. Readings from specimens of the plants and the participants were taken inside the lab. approximately 20 feet from the patio and seperated by an entrance way and a room, just prior to sunset. The four categories of measurement chosen were as follows: (1) Vitality (2) Adrenals (3) Heart (4) Chlorophyll. Times of the readings were charted and the sequences noted. (See chart following)

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(Agnihotra)
June 26, 1983 – Sunday
Sunset – 8:51 P.M.
Lakemont, Georgia

Category Name	Category Code	TGH (3)	SEH (2)	JH (1)	Jade (4)	Begonia (5)	Geranium (6)
	Before Time	8:44 P.M.	8:43 P.M.	8:42 P.M.	8:45 P.M.	8:45.5 P.M.	8:46 P.M.
Vitality	9-49	344	354	355	324	342	323
Adrenals	3-9	346	334	351	339	333	342
Heart	2-76	331	337	354	309	346	326
Chlorophyll	23-25	341	349	333	338	315	333
	After Time	9:12 P.M.	9:11.5 P.M.	9:11 P.M.	9:14 P.M.	9:15 P.M.	9:16 P.M.
Vitality	9-49	359	356	382	356	354	359
Adrenals	3-9	356	370	360	347	348	342
Heart	2-76	346	367	362	355	343	358
Chlorophyll	23-25	357	368	373	353	356	367
	Differences						
Vitality	9-49	+15	+2	+27	+32	+13	+36
Adrenals	3-9	+10	+36	+9	+8	+15	-0-
Heart	2-76	+15	+30	+8	+46	-3	+27
Chlorophyll	23-25	+16	+19	+40	+15	+41	+34

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The Agniohotra pyramid was set up on a round table with the three of us around it and the plants off to the side. An alarm was set to signal 15 minutes subsequent to the sunset timing of 8.51 p.m. - at which time readings were again taken and results noted. The following is a duplicate of the format set up by Dr. Galen:

As can be seen in the chart, the difference between Before and After reflects an increase in intensity of radiation of *Eloptic* Energy in each category for each participant.There were two exceptions among the plants, specifically the Adrenal category for the Geranium showed no change and the Heart Category for the Begonia indicated - 3 decrease.

Dr. Galen indicated that measured values taken before Agnihotra all reflected a normal range. After reviewing these changes, he also stated that because there were no factors introduced in the time span (with the exception of the burning at sunset), it appears that the changes may be attributed to the performance of 'Agnihotra.

It is also noteworthy that Dr. Galen purposely did not meditate during the time span so as to eliminate the possible effect on the experiment. This writer meditated as customary as did Dr. Sarah.

Agnihotra University has been advised of this meeting and experiment and is interested in pursuing this approach to uncovering the effects of Agnihotra upon plants and humans. (US Satsang, VOI. XI,Nos. 8&9 Sept. 22, 1983)

FROM VASANT'S CORRESPONDENCE

Be patient with your husband. It is rare when people come together with total devotion. Often it is either the wife or the husband but rarely are both devoted to the same extent. The less you prod your husband into meditating the more he will do it. Just you do it. It does not matter about your husband. He will come around. At least he does not abuse you for practicing the disciplines. He may not practice but still he does not stop you and he respects the disciplines. He is happy when you do them. He cares a great deal for you. So be grateful.

Make a schedule after talking with your husband. Main thing is he should not feel you are scheduling him. You just see what he needs to do and arrange your work to suit that. He will appreciate being consulted on the schedule rather than you deciding for him what to

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do.

You cannot control whether your husband brings pot or not. At least one thing. You and your child should not be in the atmosphere. If he insists on it then only thing is for you and your child to steer clear of it. This pulls you down. Your husband is pulling himself down but do not let him pull you down. At least you can stop that much. You cannot make him do anything or not do anything but you can control your own reaction. You have a lot of work to do and you know this. Otherwise you ask your husband to leave. He will say "I have nowhere to go" so we will see what is best decision to take.

At this point at least for some time more try to refrain from any angry feelings you have in your mind towards your husband. You have to be strong otherwise you will just fall apart like everyone else. You have the strength. I will talk with your husband. Still it is his free will which determines his success or failure.

You do not have to make any rash decisions. Only if he decides to continue in the manner then you will have to make decisions regarding your own life and not his. However your child should not grow up in this atmosphere.

Continue all disciplines as usual. Best things is remain firm. Do not discuss his pot smoking. Final. We will see where he stands and what he is willing to do about it a little later.

Your husband is following nothing or very little which is told to him. This pot incident is just a sigh of deeper disturbance. He should take a decision once and for all now. It is not conductive to family atmosphere.

Even though you yourself do not do something do not be so quick to judge another who does. This is the case with your husband. You may have pulled out of that thing but still this does not give you the right to judge or blame, point the finger at him as you do. It is humiliating for him. Better that you understand him and assist him. He is not a happy man. This I can tell you. He has his own troubles which he rarely airs to you or any other person. He is a quiet man. Also he is very good at heart. So let us pull him out of this state of limbo that he is in.

Do not be so quick to run away. You will be faced again with similar marital Karma. Why not work it out in this situation ? If still he is not willing to submit to certain disciplines and abstain from all forms of intoxication, not just pot but alcohol as well, that becomes another matter. But for now let us be of service to him. He will have to keep a diary of sorts of his experiences during this time.

[US Satsang, Vol. XI, October 20, 1983]

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THE SUN HAS RISEN ON A NEW ERA

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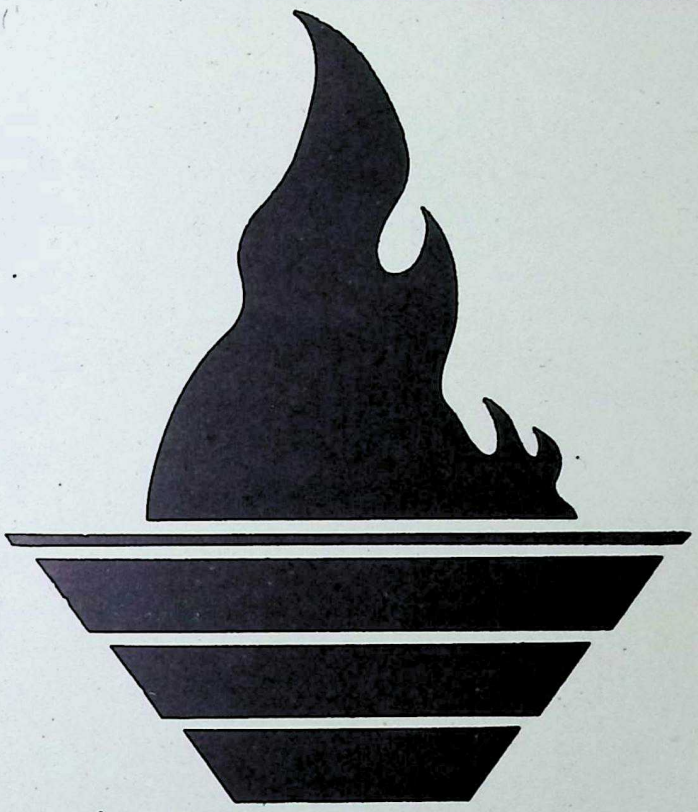
Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
10/4/86

November 1983 New Era 40 Vol. IV, No. 6



THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

November 1983 New Era 40 Vol. IV. No. 6

Big Changes in Our Solar System

Two of the Russian satellites will collide for no reason.

Life patterns begin to develop on Saturn. Strange occurrences begin to happen now in our solar system.

Astronomers begin to see explosions taking place on the surfaces of Mercury and Saturn.

Stars around Saturn are beginning to disintegrate.

Jupiter is disintegrating.

Planet Jupiter is in trouble.
Disturbances beneath the surface.
The gods are angry with the human race.
Mars disintegrates.

[US Satsang, Vol. XI, No. 7, August 18, 1983]

* * * * *

Sapta Shloki (The Seven Verses)

Verse 7

यज्ञदानतपः कर्मस्वाध्यायनिरतो भवेत् ।
एष एव हि श्रुत्युक्तः सत्यधर्मः सनातनः ।।७।।

Yajnya Daan Tapa Karma
Swadhyaya Nirato Bhawet
Esha Ewahe Shrutyuktah
Satya Dharma Sanatanah

Purport : Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

Commentary on Verse 7 — Vasant

YAJNYA

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Agnihotra is the smallest form of Yajnya which is practiced by thousands of families in U.S. and Europe. Known performance of Yajnyas affects the energy cycle of the planet as we witness today. Practice of Yajnyas on a large scale keeps the energy cycle in harmony. Yajnya is a great material aid to maintain harmony in the biosphere. Harmony in the biosphere leads to peace of mind. The science of Yajnya is Homa Therapy.

A clock is like the gear system of nature. A spring has broken and it soon stops running. ONLY WAY TO REPLACE THE SPRING IS BY PERFORMANCE OF YAJNYA.

Insects from now can withstand the cold. So where do they get their food? They begin to infest the houses in the South and West. Yajnya atmosphere is the only thing that will keep them under control. Take Agnihotra ash and spread at foundation of the house, inside and out. This will help keep the house relatively insect free.

RATES OF VIBRATIONS ARE BEING SPED UP EVERYWHERE. WE MUST SET RIGHT THE ENERGY CYCLE OF PLANET BY PERFORMANCE OF AGNIHOTRA.

Life patterns of everyone are beginning to change, No one can stand the pressure any longer. It is felt from all sides. The least thing can touch a person off. The disciplines as observed at Agnihotra Press help one to cope up better. Performance of Agnihotra gives a push to the mind in the direction of Love.

How Time Space Causation Continuum relates to proper functioning of mind? Science has to be taken to that. Only way is through our instruments They will witness the unfoldment of truth by Grace.

ATMOSPHERE MUST BE MADE READY NOW. SOME TERRIBLE THINGS TO TAKE PLACE SO SOME FERTILE AREAS WILL BE REQUIRED. SO WE CAN GROW GOOD CROPS, CROPS THAT GIVE NUTRITION THAT WILL HELP US SUSTAIN.

WALKING ON WATER IS NOTHING. THE REAL MIRACLE WOULD BE SETTING RIGHT THE ENERGY CYCLE OF THE PLANET.

Pollution affects eyes next. Blindness begins to become more commonplace. Apparent cause unknown. Performance of Yajnya is the only way out. Twenty four hours round the clock Yajnyas are performed weekly

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at Agnihotra Press and several fire temples. Do them if you can and see the good effect.

(*In a fire temple there is no priest and nothing is worshipped. It is a place where Agnihotra is performed at sunrise and sunset to coincide with the gear system of nature corresponding to one circadium rhythm and silence is maintained all the time. This is a material aid to maintain harmony in the atmosphere which brings harmony to the mind. Agnihotra is medicinal and good for skin and the eyes according to the ancient science of Homa Therapy. Agnihotra injects nutrients into atmosphere and benefits plant life.*)

One might now find it difficult to keep his sense of balance. It becomes like a fulcrum of disequilibrium periodically. It is all due to pollution. What we have been talking about Yajnya undoes the effect of pollution on the mind and one begins to feel happy.

[US Satsang, Vol. V No. 20]

* * * * *

Homa (Yajna) Farming

Vasant

Inborn in the honeybee are certain hormones that are produced solely in *Yajna Atmosphere.* So it is a foreign subject to anything science has encountered so far in this respect. These hormones help the nutritional levels yielded in vegetables and fruits to yield at much increased rates.

A new phenomenon will occur in Homa Therapy Farming with respect to soya bean crops. It will be beneficial to farmers and gardeners to set aside part of their planting area for soya beans where possible. When using Homa Therapy Farming techniques, a strange situation occurs with respect to the pathological structure of the legume. A chemical reaction occurs whereby antibodies are introduced into the body by the ingestion of soya beans that will help combat severe diseases, some of which medical people are aware of and some which are yet to occur. This will only occur where Homa Therapy is used and it is given by Grace.

It is good to put Agnihotra ash in a compost pile as this helps energize the material as it decomposes, giving the earth it is treated with subtle energies to aid in the growth of crops.

The whole of ecological system is benefited by Yajna. For example earthworms are able to generate more moisture to the soil due to performance

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of Yajna. The Yajna makes them happy and their hormone secretions increase, thereby benefitting the soil and the plants that live in that soil.

When Homa is done in a garden or under a tree, the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can easily be shown to someone by a botanist who may choose to study the subject.

The earthworm is important to farming. Yajna atmosphere increase the hormones in earthworms involved in their reproductive organs and helps multiplication of the species which in turn help the soil become more rich.

In Agnihotra atmosphere the metabolic process of plants is sped up. It is the ghee that is the catalytic factor and on a more subtle level the Mantras interacting with the combinative effect of the burnt ghee and rice. This combination enters the plants by one might say, attaching itself to minerals and water absorbed by the root system of the plant. The ghee acts as a catalyst touching off a chemical reaction with the plant aiding enzyme and vitamin production and encouraging and increasing cyclic rate. In other words the plants mature faster, taste better and are better just by mere performance of Agnihotra in the garden.

The root system of a plant is like *Nadi*. It draws its energy from a source and if it has developed properly it distributes the energy and nutrients throughout the plant by vascular system. It does the same things to humans on a subtle level.

Energy patterns of plants are arranged in such a way that when Yajna is performed the injection of nutritional content into the atmosphere helps shape and mould these patterns harmoniously so that the result is fantastic yield and excellent quality. Agnihotra is the smallest form of Yajna.

Plants grown in Yajna atmosphere evolve networks of veins that are cylindrical and larger than normal permitting water and nutrients easier movement to all parts of the plant helping growth and reproduction cycles. Also, it helps in production of chlorophyll and plant breathing thereby helping the oxygen recycling system of nature.

A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science perhaps does not lay so much stress on atmosphere but it is one of the biggest factors due to the oxygen recycling

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system. Also if the atmosphere is filled with nutrients the plant becomes especially happy when this is done by Yajna process. This helps increase number of seeds, number of fertile or potentially fertile seeds germinated. Also, period of germination is helped and the quality of pollen produced is improved. Whole of reproduction cycle of plant is benefitted by Yajna atmosphere.

A strange phenomenon occurs when plants are bred in Agnihotra atmosphere. An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is performed in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is given by performance of Agnihotra in the area. This gives the plant the ability to maintain maximum growth and yield levels. At the same time a feedback of Love is given to the area helping to negate the effects of thought pollution.

Soil in Yajna atmosphere holds moisture better than any soil. It is due to the ghee and the feedback effect of the Yajna on the atmosphere. When the nutritional rain comes, the nutrients and moisture are held as a unit in the soil. This makes for better quality vegetation. It seems fantastic but is true.

In Homa Therapy Farming, the result of the Homa process is that something physical interacts with the soil making the nutrients already there more potent. When nutrients necessary for healthy plant life is achieved by the Homa process.

Homa atmosphere, especially that of this concise Agnihotra acts as a catalyst on plant metabolism causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant health and allowing it to blend more efficiently with the ecological balance of things.

When Yajna is performed ghee is mixed with the nutritive elements in the atmosphere producing a nutritional food for all life on the planet.

If slides are prepared they will show the difference in cellular structure in plants bred in Yajna atmosphere as compared to those which are not.

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Stress-Seeking Cures for Modern Anxieties

Ernest Collier
New York

The above was the cover story of the June 6, 1983 issue of *Time* Magazine that next asked the question, STRESS: Can We Cope?

As modern pressures take their toll, doctors preach relaxation."

The seven page article, which appeared under the heading of medicine, has done a service to society by exploring in detail what is currently called the stress epidemic.

As the article noted, man has a built in "fight-or-flight" respnose to danger and threatening situations which produces and releases chemicals into the bloodstream. These chemicals have the effect of increasing the metabolism, the heart rate, and the level of sugar in the bloodstream, to fuel the muscles and the brain for emergency action. Unfortunately, most of the situations that set off this response do not require such an extreme physiological reaction, putting much stress can be the product of either a series of minor tension-producing incidents, or a major change in one's life such as a job loss; as the article says, "a change in the pattern of the individual's life. "There are also a number of factors inherent in the quality of life today which have a stressful effect; the threat of nuclear warfare, the upheaval in social values, increasing pollution of the environment, high rates of unemployment to name some examples.

Chronic stress can be the cause of a whole range of afflictions, such as recurring headaches, indigestion, depression and more serious mental disorders, cirrhosis of the liver and suicide, all of which are among the leading causes of death in the U.S. Stress has also been recently found to have a deleterious effect on the immune system, according to the article.

"In the past 30 years, doctors and health officials have come to realize how heavy a toll stress is taking on the nation's well being. According to the American Academy of Family Physicians, two-thirds of office visits to family doctors are prompted by stress-related symptoms. At the same time, leaders of industry have become alarmed by the huge costs of such symptoms in absenteeism, company medical expense and lost productivity. Based on national samples, these costs have been estimated at $50 billion to $75 billion a year, more than $750 for every U.S. worker."

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Because stress has become so prevalent, the medical community and corporate officials have begun to research its causes and antidotes. Many doctors have become aware of other relaxation techniques, and have found these to have positive results." Techniques like muscle relaxation, biofeedback, selfhypnosis, rhythmic breathing and exercise can also elicit the relaxation response. These methods are now widely used at U.S. hospitals to treat such stress-related problems as migraine and tension headaches, gastric ulcers and colitis. "Doctors have found that meditation and other related techniques set off a mechanism that is the opposite of the "fight-or-flight" response.

Of course there are not always simple answers. It makes sense that a proper diet, ample rest, enough exercise, and a positive outlook on life will do much to counteract the effects of stressful day-to-day living. When one is caught up in the treadmill, it may not be so easy to tend to these basic necessities, and some kind of relaxation technique may be a valuable addition to one's schedule. Many people have found that a simple, quick process called Agnihotra is a great aid to relaxation. Agnihotra is a biorhythmic process has the effect of calming the mind and allowing one to relax and is also a great aid to meditation.

It has been observed that "far more important than the trials and tribulations in one's life is how one deals with them." In other words it is not the external events themselves that cause the stress but the way in which one views them. If a person can maintain a positive attitude and a relaxed state of mind, this would go far in alleviating the tension caused by stressful events. Of course if there is a constant barrage of tension-causing events, a person will begin to feel out of control and his resistance will begin to break down. Relaxation breaks might be a way to keep the positive attitude flowing. Just by having a time set aside each day for a few minutes during which one can just relax and put the world away, one can feel more in control at least of himself, if not the external world. The sun rises and sets every day, this one can depend on. The fire purifies the area around which the process is done, and makes it very easy to get into a relaxed state of mind. No one can control outer circumstances but at least this process gives one an edge on how one reacts to these circumstances.

"Stress scholars" have found that certain factors are helpful in coping with life; among them, "the sense of being in control of one's life, having....friends or family....and such personality factors as flexibility and hopefulness." With a relaxed mental attitude, one can feel more

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in control of his life, and with a cheerful approach he is more llkely to have the support of his family or friends in times of need. A proper mental state breeds positive mental attributes such as flexibillty, hopefulness, and a sense of well-being. Agnihotra may be a useful tool for many people to help achieve this pleasant state of mind, and be better able to cope with what has become the norm in our present day society: chronic stress.

* * * * *

Summary of the Pharmaceutical-Study-Report No. 3

Monika Jehle
West Germany

Combination Of Agnihotra Atmosphere And Agnihotra Medicines:

Frontal Sinusitis:

Performance of regular Agnihotra.
Headaches disappeared, pus loosened within 3-4 days.

Skin-Fungus:

Agnihotra ash powder applied several times daily. Complete healing.

Non-healing Wound:

External application of Agnihotra powder. Within 3 days complete healing.

Skin-Inflamation of Babies:

Agnihotra ash powder 4 times each day. Within 2 days complete healing of the inflamation.

Swelling Of the Ankle:

Rubbing with Agnihotra ashes. Swelling disappeared in half a day.

Herpes:

Agnihotra ointment applied. Within 14 days nearly complete healing.

Whitlow:

Agnihotra ash powder applied on the skin.
Within 3-4 days complete healing; patient had nearly no pains.

Hay-Fever with Extremely Watering Eyes:

Agnihotra ash powder was applied to the corner of the eyes. The irritation of the eyes was cured within half a day; further eyedrops were not necessary.

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Age-Worn Eyes:

Agnihotra eyedrops into both corners of the eyes one drop rubbed in underneath the eyelid. Ability to see better after only 1 day.

Strong Nasal Congestion:

Agnihotra eyedrops into both corners of the eyes and one drop rubbed in daily and nightly on chest and back. Congestion loosened quickly and was cured after 1 week.

Mucous In the Nose (1):

Agnihotra smoke inhaled. Within half a day cured.

Mucous In the Nose (2):

Agnihotra ointment given into the nose. After 2 days cured.

Cold With Sore Throat:

Agnihotra ash powder taken with honey into bronchial area. Throat pains were cured very quickly.

Ringworm:

Agnihotra powder together with vaginal bowles. Cured within 2 days.

Strong Muscle Pains:

1-2 times daily Agnihotra ashes taken internally. Within 2 days pains disappeared.

Diarrhea:

Internal application of Agnihotra ashes only 1 time. Stool went back to normal.

Rectal Cancer:

3 time daily 1 teaspoon Agnihotra ash powder and 2 times daily Agnihotra suppositories. Substantial healing, no or nearly no blood in stool.

Enlargment of The Tonsils:

Half a teaspoon Agnihotra ash powder internally taken twice a day. Tonsils go back to normal and secrete poisons but without fever, etc.

Extreme Menstral Bleeding:

2-3 times daily Agnihotra ash powder taken together with honey internally. Within 8 weeks bleeding went back to normal; migraine headaches and extreme pain disappeared.

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Kidney Pains:

2-3 times daily a pinch of Agnihotra ash powder taken internally. After 1 week all pains disappeared.

Gastritis:

3 times Agnihotra ash powder taken internally. Healing, after poisons were secreted through mucous membrane.

Migraine:

2 times daily a pinch of Agnihotra ash powder taken internally. The period between two migraines became longer and longer; steady tiredness was cured.

Pressure In The Throat Caused By Nerves:

3 times daily 1 pinch of Agnihotra ash powder taken internally. Within 4 weeks no more pressure; all drugs were eliminated.

Difficult Child:

In the evening one pinch of Agnihotra ash powder given internally. Friendly child without aggressions. Daily performance of Agnihotra helped much.

These notes originate from written reports which were sent to us for our pharmaceutical studies concerning Agnihotra and Agnihotra ashes.

Monika Jehle
Kollinstrasse 13
7760 Radolfzell/W. Germany

(*Please report your findings on this subject, if any, to above address in Germany.*)

[US. Satsang, Vol. XI, No. 7, August 18, 1983]

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Homa Farming

M. S. Parkhe
Pune

An Age-Old Method For Maintaining Ecological Balance

"Let Yajna make farming productive for me." (Yajurveda 18-9)

"Let Yajna make rains invigorative for me". (Yajurveda 18-9)

"Let Yajna purify the environment for me". (Yajurveda 18-17)

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Vedic Farming Techniques

The above three references form the basis of the technology of farming given through Vedas, which includes horticulture and forestry. It is broadly termed as Vedic Farming Technique (Krsi Tantra) for its origin is traceable in the Vedas. Science and methodology of agriculture had, even in ancient times, reached a state of perfection as agriculture happened to be the chief industry of man. It was comprised of two main divisions :

a) Farming operations.
b) Yajnas and Istis, which have an inseparable association with such operations.

For the multisided evolution of man and all life surrounding him on Mother Earth, Vedas recommended performence of Yajna. Yajna is an offering of specific ingredients into fire prepared from specific materials in a copper or earthen pyramid or altars of specific shapes at stipulated timings. Agnihotra is the basic Yajna. *Yaga, Homa* and *Isti* are different names or forms of Yajna.

a) *Farming operations*

1. Soil and its classification.
2. Construction of farm implements.
3. Preparation and application of organic manure.
4. Land preparation.
5. Sowing, planting and treatment of plants.
6. Meteorological observations leading to forecasting of cosmic turbulences, rainfall, etc.
7. Irrigation.
8. Protection of crops and plants.
9. Harvesting and storage.
10. Rotational cropping.
11. Training and management of agricultural labor.

b) *Yajnas*

Agnihotra Homa, or *Istis*, are interwoven with all farming practices.

Before commencing any of these farming operations — like plowing, etc. — *Homas* were performed on a specific piece of land cleaned and smeared with cow dung. *Kariristi*, a special Homa fire for bringing about a change in the quality of clouds, used to be a normal practice for timely rains. At the commencement of harvesting *Agrayana* and *Sulagava Istis* (Homas) were performed. *Grhyasutras* and *Satapatha Brahmana* literature give further elucidation on these and similar Homas. Because of such an inseparable association of Yajna and farming, the agricultural operation

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can be more accurately described as "Homa Farming" (Yajniya Krsi) rather than ordinary organic farming.

Whether it be agriculture, horticulture or planting of trees, present-day farmers can build up that inseparable association by performing the following Homa fires.

1. Daily sunrise/sunset Agnihotra.
2. *Vyahruti* Homa at stipulated times, preferably everyday.
3. Om Tryambakam Homa four hours daily and round-the-clock on full moon and no moon days or on other desired occasions.

Selection of Ingredients and Their Reactions

Ingredients like clarified butter, full size pieces of unpolished rice (preferably brown), small twigs or pieces of specific varieties of wood, species like Butea Frondosa (*palasa*), Ficus Glomerata (*udumbar*), Ficus Religiosa (*aswatha*), Catechu (*khadira*), Ficus Bengalcusis (*nyagrodh*), Shorea Robusta (*sala*), Santalum Album Linn (*candana*), Pinus Devadaru (*devadaru*), etc. When offered into fire prepared with dry cow dung cakes, organo-sulphurous compounds, gums, resins, essential oils, aromatic compounds, fumigating agents and so on are released. Some essential inorganic mineral elements are also left over in the ashes.

This most ancient Homa process can in a way be called a fumigating process from the modern scientific point of view. It purifies the air, brings about timely seasons and causes a healthy crop to grow, thereby yielding a good harvest. Yajnas and *Istis* (Homas) are somewhat more elaborate processes acting in a similar yet much more extended way. The rhythm of various acts regulated by Mantric vibrations make a favorable impact on plant life. The residual ash spread on the soil not only supports soil fertility with essential minor elements, but also energizes it. This being a peculiar feature of Yajna, Vedas state :

"Fill up the land with ash."

(Yajurveda 6-21)

The enrichment of the soil can yield beneficial crops only when there are timely rains. In the same hymn, we come across another statement of equal importance :

"Let the Yajna fumes climb up high over the clouds."

(Yajurveda 6-21)

This is a process similar to modern dry ice or cloud seeding methods which influence precipitation. A careful study of *Pravargya* will strengthen this view. Yajniya farming was thus activated by the Vedas in a subtle yet observable way.

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This "time-conditioned" agricultural technology remained procedurally unchanged for a very long time. Due to man's foolish misconceptions about *Yajna* procedures developed in subsequent days, the *Yajna* portion was lost sight of and only the bare farming operation remained.

The Objective Behind The Procedure

On closely studying the Yajnya farming system, one realizes that the value of organic manure and humus in cultivation was known from the earlist times. Reference to *maiya* in *Taittiriya Samhita* proves the importance of rolling or turning the manure in the soil for maintaining soil fertility :

"A material like cow dung should be rolled powerfully in the land for getting good rice crop."

(Taittiriya Samhita 1-4-45)

Parasara has attached similar importance to soil fertility by stating:

"The paddy crop that grows without dung does not bear fruit."

(Krsi Sangraha 109)

Here the word *Sara* means both dung and essential ingredients. Unless the essential power of fertility is achieved by well-composted cow dung and unless mineral elements are reintroduced, the crop will not bear fruit – although it might appear to be thriving. According to *Krsi Sangraha*, materials like cow dung must be piled up by preparing a pit in the land (*Gartam Krtwa Nidhapayet*) for getting Sara in the form of humus. The addition of Yajna ash is for reintroduction of elements. This is with a prime object of:

"Farming for getting a bumper crop."

(Taittiriya Samhita 1-2-2)

The Vedic farming techniques of such prime importance are becoming popularly known as Homa Farming in Western countries.

The Rationale Behind Homa Farming

Homa Farming therefore, is the Vedic way of farming or gardening purely by an organic method which is subtly activated by Yajna. Man was practicing this time-tested method of agriculture from the earliest known times. As previously stated, subtle activation of farming procedure by Yajna was forgotten thereafter and only organic farming was prevalent until the advent of chemical fertilizers. Why should the farmer return to the old, totally forgotten method ? This is a question which one may be tempted to ask particularly when chemical fertilizers are easily available and the preparation of compost or humus involves physical effort and time.

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Modern applied sciences have, no doubt, made spectacular advances in a number of fields. There has been an enormous increase in crop yields in some countries by use of chemical fertilizers and pesticides. This certainly has helped to a great extent in meeting the needs of an ever increasing population but at the cost of a heavy and irreparable loss of soil fertility due to excessive use of inorganic fertilizers. Plant diseases are also on the rise. Man has lost control over his environment. Scientists admit that balance of nature has been completely upset. Though they feel that science will set things right by reintroducing ecological balance, the situation is going to be disastrous if not amended in time. Not that there are deficiencies in modern scientific outlook, but the new possibilities which are opened up have been and are liable to misuse. Mounting deterioration in the quality of food, water and air compels us to express such views because science has failed to guarantee the availability of these basic needs of man in pure form.

Maintaining Purity Of Basic Needs

When the Vedas say, "Let Yajna make farming productive for me, Let Yajna purify the environment for me," they lay stress on fertility of the soil, purity of water and purity of air. This, they have done, by attaching due importance to Yajna for achieving the wellbeing of all kinds of life, including the plant kingdom. Nature, in its organic process, maintains balance or homeostasis in everything and in every respect. Man, however, has been an exploiter and polluter of these essential ingredients, right from the earliest times. It was then always under controllable limits. This exploitation on one side and pollutional deterioration on the other have been at their peak during recent decades.

Yogis of the ancient past were involved deeply with the soil. That is why they could live in harmony with Nature. Yajna used to help them, as it can help us even today, in soil formation and soil maintenance by supporting Nature in its organic process. Homa Farming therefore, not only means organic or natural cultivation but something more than that, something subtle yet observable in effect, achieved by dynamization process.

How Yajna makes such a benefical dynamic effect on soil, water and air is interesting to note. Just as a small force can disturb Nature's equilibrium, an equally small force of the correct type reacts in restoring that equilibrium. Nutritive ingredients are left over as ash after specific ingredients are offered into fire. These elements, even if in a micro dose, activate and enrich the organic fertilization process. The medicinal and aromatic properties of ingredients in the form of gases diffuse in the air and purify the atmosphere. They also make an impact on the clouds or rain water in removing the acid base. The treatment of the seeds in the stipulated way helps in obtaining healthy and nutritious crops.

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Shattering of The Established Practice

Even though the entire world, right from the primitive days, firmly belived in organic farming by use of humus and manures, Von Liebig, a German scientist shattered this time-proven theory overnight in his book, "Chemistry of Agriculture and Physiology." Why take the trouble of building compost heaps when necessary chemicals, like nitrogen, potash and phoshorus, can be produced in the laboratory? This was his theory. From 1840 onwards, farming and gardening circles everywhere started accepting inorganic fertilizers. It is true, the chemical fertilizers do contain major essential ingredients. However, after repeated use over the years, the soil, no doubt, becomes rich in these elements but poor in minor necessary elements, and therefore these chemicals lack in life-giving properties. The dust bowls of the U.S.A., Africa and Australia are undisputed testimony to the dangers of intensive artificial fertilizing and inorganic farming of barely over a century.

Returning Back To Organic Farming

Among those who made ceaseless efforts to take the farmer back to organic methods, mention must be made of the late Dr. Rudolf Steiner, the late Sir Albert Howard, the late Mr. Ben Easey and so on. These experts, and some of their successors, firmly belived in natural or organic cultivation because all that came from the soil is put back by this process in one form or another. Dr. Steiner's biodynamic system, despite a time-tested basis, is perhaps much too intricate for the farmer. Sir Howard's "Indore Process," "however, did attract people in a number of countries. As George J. Binding has ably put in his book, "Organic Gardening and Farming," the action of natural composting has to be seen to be believed, a process beyond the ability of man to imitate, a natural act as mysterious as life itself. If such a natural act is mysterious, with Yajna it is bound to be even more mysterious. The Vedas term such an action as *Yatu*. The mysterious part seemingly is the result of an inexplicable power. Modern science has tremendous achievements to its credit, although at the same time its incompleteness is also acknowledged. This mysterious natural process is as old as the world, and as we have noted at the outset, in earlier times it used to be stimulated by Yajna. Besides providing man with health-giving crops, the soil fertility was retained by Yajna. Normally, healthy crops are free from disease. Whenever, for any reason, the crops were attacked by pests or there was some abnormal growth of worms or germs, the organic farmer knew his traditional ways of controlling them by use of herbal preparations and fumigants. Looking to the dangerous effects of present-day pesticides, herbicides and germicides a study of such age-old preparations is going to be worthwhile.

Properties Of Humus

Depending on climatic conditions, soil and material of vegetative growth available, the composting processes exhibit variations which are easily

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noticeable. But the fundamentals of soil fertility are never lost sight of. From this angle, a glance at the properties of humus, a basic product evolved during eomposting, is very interesting. Chemically, humus consists of various constituents of the original plant material resistant to further decomposition, of various compounds synthesized by microorganisms and so on. Humus, thus, helps not only in quantitative growth, but in qualitative growth as well. *A support of purified environment with something more used to be given by Yajna to agriculture in ancient times.*

Bioenergy, A By-Product

Besides the problems created by the inorganic fertilizers in the form of depletion in soil fertility, disturbance in soil structure, loss in the capacity of soil ta absorb and hold moisture and by industrialization in the form of environmental deterioration, the vexing problem of energy crisis is today troubling almost all the countries in the world. Production and rational utillization of biological energy has, therefore, acquired tremendous importance. This has become obligatory. when input costs of chemical fertilizers and pesticides aro spiraling upward while the prices that farm produce are fetching are not remunerative. The agriculturist has to reduce his input costs, regain his soil fertility and improve his economics. In remote rural areas or on marginal farms in developing countries, the generation and use of bioenergy is perhaps the only dependable cheap and safe solution. Incidentally, bioenergy becomes a by-product of humus and composting procedures which are of vital importance and help in matntaining soil fertility.

Tapping Bioenergy, Need Of The Day

Biological energy is basically the solar radiation energy transformed through photosynthesis into chemical energy. There are abundant, inexhaustible and renewable resources of bioenergy that can be tapped from materials like waste stalks, fallen leaves, brushwood, bushes, weeds, grasses, animal excreta and so on and are as well known as the age-old manuring materials for natural or organic farming.

This bioenergy can be harnessed in the form of hot water and bio-gas, besides obtaining organic manure as residue. The initial cost of implementation of such a scheme is comparatively low and its method is simple. An agricnlturist with his limited resources or for that matter, anybody in need of cheap bioenergy and compost - can implement this scheme. *The developed nations which are spending billions of dollars for the needy world have an opportunity to put this time-tested technology into use in the remotest parts of rural undeveloped areas by judiciously utilizing local raw material.* This is even going to be the appropriate technology for both the developing and the developed nations. It is appropriate for developing nations because it is a technology which is simple, cheap and based on indigenous resources. It is also appropriate for the developed nations because it helps in regaining soil fertility and in providing pure and healthy food.

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The fact that during the process of composting tremendous heat is generated is well known. This energy was put to use, in the past, in making Ayurvedic medicinal preparations. The ingredients of the preparation were put into an earthen pot and the mouth of the pot was well sealed after putting a lid on it. Such a pot used to be buried in the compost pit for utilizing the energy for necessary reactions in the pot.

Utilization of that heat to more judiciously meet the demands of modern life has become a need of the day. *The late Mr. Jean Pain of France, with the cooperation of his wife Ida, made some improvements in the established composting method for harnessing that bioenergy in a simple yet very successful way.*

The Enlarged Concept Of Homa Farming

For organic farming nowadays, "*Indore Process*" is taken as the base. Late Sir A. Howard has correctly stated that the agricultural practices of the Orient have passed the supreme test and they are almost as permanent as those primeval forests. In saying "Oriental practice" he is indirectly referring to the Vedic concept of farming. *This Oriental Practice, as adopted by Sir Howord, if modified by the method of Jean Pain, becomes an advancement over the Ayurvedic concept of using bioenergy*-and when it is adequately supported by Yajna, it meets the needs of the day.

The special feature of this new concept of Homa Farming lies in the generation and utilization of subtle cosmic energy released by "Agnihotra" for the activation of organic manure and bioenergy. It has been well experienced in the last decade or so that the subtle energy generated from Agnihotra acts as a catalyst in the protection of all life, including plants. The excessive use of chemical fertilizers and pesticides has disturbed the entire ecological balance. Mother earth is becoming more and more saline in many areas and thereby unproductive. In the opinion of number of scientists, the time is running out fast.

Practical Solution

As mere warnings do not solve the problems an attempt is made to offer a solution which is aptly worded by Mr. G. Milne:

"If then the soil is to continue to grow plants for us, in turn we must grow plants for the soil."

There is an increasing realization that all plant growth will, hereafter, be possible only if it is done in Agnihotra environment. A number of scientists and agriculturists have experienced this. By the unique manipulation method of organic manuring and bioenergy fortified with subtle energies released by Agnihotra, Homa Farming has become economically attractive and a must from the environmental angle.

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Incidentally it would be worthwhile studying the cost involved in maintaining dry cows or old bulls by giving them maintenance rations. Looking to the importance of excreta and urine, essentially needed in organic farming, the cost might pay for itself.

Material For Composting And Bioenergy Conversion

As noted in the earlier pages any waste of vegetative growth can be put to its most productive use for producing humus during composting. The simultaneous generation of energy crisis and environmental pollution. The material used for this purpose can be grouped into the following categories :

a) 1. All fodder waste from farmer's cattle shed is usually dumped along with cattle excreta into pits dug in the ground for composting and fermentation. As far as possible, the fodder waste, some of which is smeared with dung or has become wet due to cattle urine, should be separated from the excreta for piling after being chopped into pieces.

2. Green leafy material of a variety of grasses, bushes or brushwood with stems.

3. Dry leaves of trees, bushes, plants or crops.

4. Sawmill waste like thin wood chips, shavings and dust.

b) 1. Farm animal excreta, especially cow dung in well composted condition.

2. Cow's or bull's urine, separately collected for a couple of days before bioconversion stacks are being piled.

c) Agnihotra ash collected from daily Agnihotra and ash from occasional Yajnas. Agnihotra ash makes the minor elements available when well diluted in water and acts as a catalyst for infusion of subtle energy in the entire stack. It should be noted that all the types of material listed under group (a) are essential. Green leaves from a variety of grasses and bushes, as well as fresh thin stems, are a must and should be procured to the extent possible -say about 30% of the total quantity. The quantity of well composted cow dung should be at least ten to fifteen percent of the total lot.

The action of Agnihotra ash is something subtle, the effects of which one has to experience.

Composting Procedure

The available varieties of material listed under group (a) must be soaked in water so that maximum possible moisture is absorbed by it. This is obligatory not only in hot tropical countries but everywhere and can be done by putting it in a soakpit and allowing water to remain over the

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material for two or three days. It is beneficial to have the green leafy material first mixed with dry vegetable matter and then soaked in water to remain over the material for two or three days. The period of soaking may be extended if complete water saturation or absorption is not seen in woody material.

The saturated material is taken out of the pit and excess water is allowed to drain out. The heap thus formed is further saturated with part of the composted cow dung fairly diluted in water. The material should be well turned so that pieces of stalks or bush stems are properly dispersed. While turning the heap, a part of the urine in diluted form should be sprinkled and finally, a part of the water containing Agnihotra ash should be sprayed so that all the material comes in contact with it.

Cow dung provides the necessary *inoculum* of cellulolytic microflora and urine makes the nitrogenous component essential for microbial growth and activity available. Ash, on the other hand, supplies the minerals and other minor elements required for invigorating the microbial decomposting activity.

All the preliminaries for conversion of biomass into energy and humus are now complete.

Piling Of The Material Into A Heap

Depending on the quantity of the material available, the size of the heap should be decided. On a solid level ground, the first layer of about 25cm height should be spread over an area of say 1.5m x 5m. On this layer some of the balance of cow dung mold, diluted with water in 1:3 proportion, and some of the remaining Agnihotra ash, diluted in water in the proportion of 1:10, should be sprinkled, leaving the balance for the subsequent layer. A semiflexible, high density polythene pipe of about 3cm diameter should be placed in a coiled form over the maximum area of the layer. The pipe must have the property of holding the round shape at 80C. Both the ends of the coil should be outside the heap. Out of the two ends, one should be connected to a cold water inlet and the other should be available for making coils on subsequent layers. The second layer should be made of the same height of 25cm and both the the cow dung mold and Agnihotra ash in diluted end of the pipe another coil should be made over that layer. The third and the fourth layers should be repeated in the same manner and the open end of the tube be left out as discharge end. The final layer of 25cm is laid on the top.

Energy In Calorific Form

As the process of mesophilic or thermophilic fermentation and decomposition starts in different layers, a considerable amount of heat is generated in the pile. It is as high as 60°C to 70°C. As the generation of heat

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takes place in the presence of air (aerobic condition), the pile must have sufficient air pockets inside the pile.

When this composting process is going on, water connecting at room temperature (25°C–30°C) at one end is circulated through the layers and discharged at the other end at 45°C to 55°C. The hot water is available for months without disturbing the composting procedure which is going on inside the heap. This hot water can be used for sinks, baths, showers or laundry. *Jean Pain states that a heap of 50 tons of brushwood is capable of heating a 5-room house with a 100m² floor area and of producing enough hot water to last its occupants six months.*

Energy By Way of Methane Gas

During the process of fermetation, methenogenesis takes place and gives off methane gas – which was first discovered in 1776 by Volta. Generally it takes 8 to 10 months, but it can take less depending on climatic conditions for full composting. If the temperature is dropping down, it is always advisable to open up a part of the central area of the pile to find out whether aerobic is fully composted, it is diluted with water and loaded in a container with the lid tightly fixed. On the lid there is a connecting pipe for collection of methane gas (CH_4), that is generated. This gas, which is a safe source of energy, is then used to fill up flexible tubes so that the same can be used when required. This is done with due precaution. The flexible tubes can be the rubber tubes used for inflating truck tires. The only precaution needed is proper sealing of the drum so that no leakage of gas through the pipes or the lid takes place. A new composting pile should be made and placed around the container so that the temperature of the pile is partially transferred to the inside material. The generation of methane gas at a higher temperature is claimed by some as more efficient. As this bio-gas energy is multifunctional, the economic benefits derived from it are outstanding.

Organic Manure

Once the methane gas is collected, the residual material left over remains in the form of slurry, which ultimately forms humus (a complex entity which eventually enriches the soil with useful nutrient materials and corrects the soil structure and texture). A large quantity of carbohydrates from plant materials is used by microbes, and the rest is more or less converted into nitrogenous material which enriches the soil.

Organic manure is the need of the day as it not only adds nitrogenous and mineral contents to soil, but also other ingredients essential for plant growth. Chemical fertilizers may have the desired percentage of nitrogen, potash and phosphorus, but other essential elements are lacking in them and prevent them from catering to the entire need of nutrient materials for healthy plant growth. The exact quantity that is initially used for

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preparing the composting stack is claimed by some as finally available as excellent organic manure after releasing energy by way of hot water and methane gas. It will thus be seen that woody material which otherwise would have been used directly as fuel and green leafy material for composting has in Homa Farming, given (a) calories for heating water (b) gas for cooking and other judicious uses (c) residue as humus, essentially needed for obtaining healthy food from the soil.

One can say, by slightly modifying the words of Mr. J. M. Mobray, that a great change in agricultural outlook has become obligatory as the so-called law of diminishing returns is badly affecting the entire farming economy. Returning as quickly as possible to Homa Farming means thoroughly rebuilding and energizing the soil; providing it with greater fertility and greater power to withstand droughts by increasing its ability to absorb rainfall, much of which runs needlessly to the ocean. This will avert the impending disaster in the field of the basic needs of man.

Building A New Way Of Life

In Homa farming, the farmer is, no doubt, getting the above-mentioned benefits, which are the material gains. Yajnas, and especially Agnihotra, help in building a new way of life by which man as an individual is completely transformed. While retaining a worldly life and performing all worldly duties, he gains a sense of detachment. He realizes the importance of human values. He starts enjoying true happiness.

During all agricultural operations therefore, the farmer or any member of his family (or any of his field workers), must faithfully perform regular Sunset/Sunrise Agnihotra and occasional *Istis* and Yajnas.

This leads to a new and harmonious way of life for the individual and healthy bumper crops for the society.

The late Sir Albert Howard is respected in the western hemisphere as the father of modern organic farming, and his book "An Agricultural Testament" is truly accepted as a testament on the subject. It no doubt takes us to the sacred heritage of the natural process of soil fertility, but the basis of that sacred heritage, as has been elucidated in this article, is Yajniya *Krsi Homa Farming*.

Original Sanskrit Of Verses Quoted In The Article

Krsis'ca me yajnena kalpantam. (Yajurveda 18-9)
Vrstis'ca me yajnena kalpantam. (Yajurveda 18-9)
Marutas'ca me yajnena kalpantam. (Yajurveda 18-17)
Prthvim bhasmana prna (Yajurveda 6-21)
Divam te dhumo gacchatu. (Yajurveda 6-21)
Saktyadhanasadhanam gomayadi dravyam matyam.
(Taittiriya Samhita 1-4-45)
Vina sarena yaddhanyam vardhate ne phalatyapi. (Krsisangraha 109)

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Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
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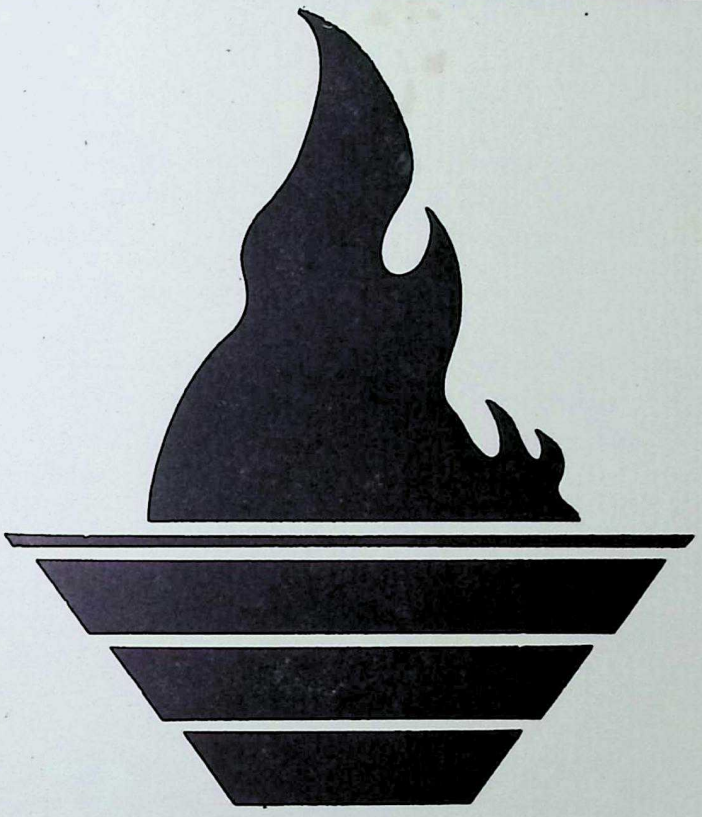

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

December 1983 New Era 40 Vol. IV. No. 7

Fivefold Path Mind Training

Vasant

So we are on the brink now of many crises, air pollution,! water, earth, and body pollution. Now things become worse this year. Afterwards it will be beautiful. Some destruction is natural outcome, when you abuse natural resources—land, animals, water, air and finally people. So it is law of Karma. THE DESTRUCTION HEADS OUR WAY BUT FINAL MOMENT IT WILL BE STOPPED. Let us have only hope and no fear. A beautiful world of peace and love lies round the corner. That is where faith and devotion come in. Now I do not care whom you serve whether Jesus, Mohammed, Buddha, Krishna, Moses, Shree. It is irrelevant now. Only serve with pure heart and you will know the truth.

Yajnya will be introduced to all sects, take it or leave it basis, all Gurus, all teachers, all masters, all devotees of truth. YAJNYA WILL HEAL.

We teach Agnihotra pyramid healing fire, other healing fires, and a way of life called the Fivefold Path. You may belong to any religion, spiritual group, community. You may be an atheist, an agnostic, the Fivefold Path fits in all stations of life to remove tension from the mind and bring purity in the atmosphere. This makes your journey of life an endeavour of joy. There are no financial prerequisites, no payment plan. Everything we teach is free of charge. No admission fee. We only ask that you take the first most important step of purifying the atmosphere with the Agnihotra pyramid fire and then all Grace is given. What a beautiful thing ! People who come here can hardly believe such Grace.

You can be a simple man or woman. You need not be a wise man or a prophet, and yet the voice of God can speak through you. This is the beauty of the divine man.

By practising the Mind training of the Fivefold Path you can be free of anger, of fear, of lust, greed, envy, pride. You can think clearly and act clearly.

We teach that you be grateful always for every small thing. Do your job with love. Interact with your husband, wife with love. Discipline

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your children with love. Go to the grocery store with love. DO EVERYTHING YOU DO WITH TOTAL LOVE AND PRACTICE and all will be simple. Before you could not do will come easy to do as you will find help volunteering to aid you. Merry X'mas and a happy New Year.

[US Satsang, Vol. XI, 1983]

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Sapta Shloki (The Seven Verses)
Verse 7

यज्ञदानतपः कर्मस्वाध्यायनिरतो भवेत् ।
एष एव हि श्रुत्युक्तः सत्यधर्मः सनातनः ॥७॥

Yajnya Daan Tapa Karma
Swadhyaya Nirato Bhawet
Esha Ewahe Shrutyuktah
Satya Dharma Sanatanah

Purport : Be engrossed in Yajnya, Daan, Tapa, Karma and Swadhyaya. This alone is the Eternal Religion (Eternal Principles of Religion) given through the Vedas.

Commentary on Verse 7 — Vasant

YAJNYA—SCIENCE OF HOMA THERAPY

DEOXYRIBONUCLEIC ACID—DNA THE LIFE STUFF CHANGES TO TRYOXYRIBONUCLEIC ACID AND ALL LIFE STARTS TO DISFUNCTION. ONLY WAY TO SET THINGS RIGHT IS BY PERFORMANCE OF AGNIHOTRA.

BARIUM, CADMIUM, OXYGEN FUSE FORMING A NEW METAL, A NEW ELEMENT. WHERE ARE THESE THINGS COMING FROM ? NATURAL CYCLE IS SO DISTURBED, ANYTHING COULD HAPPEN. ONLY WAY TO SET THINGS RIGHT IS TO PERFORM THIS CONCISE AGNIHOTRA GIVEN FOR THE FIRST TIME TO MANKIND BY THE SON OF MAN, PARAMA SADGURU SHREE GAJANAN MAHARAJ.

HOMA THERAPY—THE CURE ALL TO MATERIAL ILLS

The quote "Heal the Atmosphere" will have far reaching effects especially now that we present the Fivefold Path in terms of Homa Therapy.

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BY PERFORMANCE OF AGNIHOTRA THE BLOOD GETS PURIFIED. YOU SIT AT AN AGNIHOTRA FIRE AND BREATHE IN THE SMOKE WHICH GOES QUICKLY INTO THE BLOOD-STREAM AND LUNGS. THIS HAS AN EXCELLENT EFFECT ON THE CIRCULATORY SYSTEM. THOSE WITH BLOOD DISEASE WILL BE QUICKLY REMEDIED BY PERFORMANCE OF AGNIHOTRA AND EVEN MORE SO IF AGNIHOTRA ASH IS INJESTED DAILY. ALL THIS FORMS PART OF HOMA THERAPY.

ANOTHER INTERESTING THING WHICH IS PART OF HOMA THERAPY. IF THERE IS SOME KIND OF BRAIN DISORDER, IF THE AFFECTED ONE WILL SIT FOR AGNIHOTRA TWICE DAILY, THE SMOKE HAS A GOOD EFFECT ON THE BRAIN, ON THE NERVOUS SYSTEM.

IF ONE WHO HAS A CERTAIN PURITY CHANTS CERTAIN MANTRAS WITH INTENSITY, WITH DEVOTION IN DIRECTION OF AGNIHOTRA POT THE BRAIN CELLS BEGIN TO RENEW THEMSELVES THEREBY OVERCOMING THE DISORDERS. AMAZING BUT TRUE. SO MUCH CAN BE DONE WITH HOMA.

Easily it can be shown how universal Homa Therapy is.

HOMA THERAPY WAS PRACTICED BY THE ANCIENTS ALL OVER THE PLANET. IN COURSE OF TIME IT CAME TO BE LOST AND NOW THIS KNOWLEDGE IS BEING REVIVED.

HOMA THERAPY FARMING

YOU WANT TO TAKE TRIALS ABOUT AGRICULTURE ? TAKE A SEED AND PLACE IT IN COW'S URINE FOR ONE DAY. REMOVE THE SEED AND COVER WITH COWDUNG AND LET DRY IN THE SUN. THEN PLANT THE SEED IN AGNIHOTRA ASH. HAVE A GOOD MIND WHEN YOU PLANT. PLANT ON NO MOON DAY OR FULL MOON DAY, DEPENDING ON SEED PLANTED. OBSERVE THE GROWTH OF THE PLANT. DISEASE RESISTANCE, REPRODUCTIVE CAPABILITY, QUALITY ETC. PERFORM AGNIHOTRA REGULARLY AND GIVE THE ASH TO THE SOIL. THEN SOME MILE AWAY PLANT ANOTHER SEED OF SAME STOCK IN SAME TYPE OF SOIL WITH SIMILAR EXPOSURE TO SUNLIGHT ETC. OBSERVE THE DIFFERENCE IF ANY AND JUST REPORT YOUR FINDINGS. WE DO NOT ASK

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FOR CONCLUSIONS. PEOPLE CAN DRAW THEIR OWN CONCLUSIONS FROM YOUR TRAINED OBSERVATIONS.

[US Satsang, Vol. V, No. 21, 1978]

* * * * *

Natural Hygiene

Ramesh Lahiri
Calcutta, India

Sickness is an un-natural state of health brought on by the transgression of Natural law. Excess of any kind, physical, mental, physiological and sensory, is a sad departure from Nature. Stability of the body-mind complex depends on our strict adherence to the inexorable law of Mother Nature.

Rarely do we find sickness in animals living closest to Nature, They stubbornly refuse to take denatured foods and when they get sick, they abstain from food and other activities. They are so spontaneous in matters of health. But alas, man though highly evolved, neglects impulsively or deliberately, the necessities so essential to health.

Ancient-man lived in close proximity to Natural living and eating habits were the rules rather than the exception. But with the advent of civilisation, he slowly drifted away from her and it is little wonder why by omission and commission, he has turned most sickly among the species. When enormous mortality caused by cancer, heart discase and other degenerative diseases is on the increase, it is time humanity came to its senses. There is no denying the fact that this world is beset with a diseased race. To get over this appalling condition, millions are being spent to tinker with the symptoms rather than the removal of the cause. In any diseased condition, drugs are administered to kill the microbes. Microbes are killed at the cost of other vital organs thus giving rise to degenerative diseases,

Let us face facts. Rapid advancement in medical science has not helped to solve health problems. A drug can never heal; it only suppresses. Iatrogenic disease, or doctor-caused-disease, is too well known. All the 'pathys' and, therapies that are indulged in are nothing but the palliation or the merry-go-round of stimulation. When the vitality of the body is at a low ebb, how can stimulation help? In diseased condition, when the body institutes a crisis, Nature makes an effort to throw off the enslaving toxins but at this stage, disease is suppressed by the application of drugs and other agencies. Laudable cures attributed to Allopathy, Homeopathy, Naturopathy, Suggestology, Psychiatry, Christian Science and other 'faith cures' are all palliation or stimulation.

But there is a way out of this morbid condition. The idea that pills and potions promise health has to be forsaken. Whether in health or in disease, one must plod on the path of Natural Hygiene. If one falls sick, restoration of health is promised by Natural Hygiene. What is this Natural Hygiene? Is it some sanitary arrangement? Yes, it is, and more than that. It is a provision of a conducive condition for the maintenance of optimum health and the removal of diseased condition in strict obedience to Natural law. It is not a therapy. In health as well as in diseased condition, a certain environment is produced so that the organism can function as Nature intends it to. Hygiene truism

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asserts that this is the only path for the obtainment of high-level health. There is no substitute for Natural Hygiene.

Natural law has always been operating and a few discerning ones observed the law of Nature affecting health and handed it down for the greater good of humanity. Pioneers like Dr. Trall and Dr. Tilden who carefully observed and analysed the causeeffect relation of disease and health, and who worked ceaselessly for the establishment of health and removal of diseases, based the hygiene truism on the solid rock of reason. They observed that the diseased condition is attributable to lowered nerve force. Dr. Tilden prefers to term it as 'toxemia.' This condition occasioned by excesses is inimical to the cellular environment of the body. Toxemia brings on an imbalance in the metabolic process of the body. Organs of elimination are first affected because of this condition. In this condition, if food is taken, the body will not be able to appropriate it; it becomes a load on the system.

It is surprising that many celebrated Natural Hygienists who worked tirelessly for spreading this message of health were medical practioners of repute. Dr. Tilden, Dr. Bircher Benner, Dr. Nolfit and Dr. Kellog were medical doctors of renown. But after seeing the folly of the system,–they turned to Natural Hygiene. Celebrated Hygienists like Dr. Arnold Ehret, Dr. Torrey, Dr. Purinton, Dr. Paul C. Bragg, Dr. Macfadden, were all physical wrecks. Every one of them got over the sickly condition when they surrendered to Nature and resorted to Natural Hygiene.

Natural Hygiene never bothers about germs or naming a disease. According to this principle, the cause of any disease is enervation. To rid of this abnormal body condition, the whole organism has to be given a rest. So the first prescription in the management of chronic and acute disease is physiological rest. Physiological rest is best achieved by abstinence from food. When food is not supplied to the system, the organs which are otherwise engaged in assimilating food are not active. When food is withheld, assimilation is suspended. So the energy that would have been used in assimilating food, is now channelized for elimination. Nature engages herself vigorously to house-clean the body. But the abstinence should be a total abstinence, with the exception of water. By total abstinence, I mean, fasting. Readers need not be alarmed with the word 'fasting'. In almost all religions, fasting is advocated for purification. Mahatma Gandhi used to observe fasting more as mental purification than anything else. Though fasting as an all embracing ramification, I would like to limit myself to the therapcutic aspect of it. Firstly, it is not a starvation as people say. It eliminates toxins faster than any known method. It conserves energy. In short, it totally rejuvenates the system. It gives the organism a chance to purify and to heal itself. When the body is rid of the enslaving toxins, the bloodstream becomes pure.

Is there any danger in fasting? Never, if properly conducted. Our body has enough reserves in the form of muscles and fats. During fasting, only diseased cells are eliminated and healthy cells are fed from the body reserves. As a matter of fact, they get the finer food. Until hunger returns, fasting should be continued. When the body is free from the toxic-load, hunger returus the tongue becomes clear and the eyes bright. At this point, according to the need of the patient, food, preferably fruit juice, should be given. If the food is not supplied, the body will be starved and life endangered. But

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under no circumstances should one launch on a fast exceeding seven days, on one's own. Long fasts should be supervised by an experienced Hygienist. Beneficial effects of fasting is only too well known. I myself experienced the benign effect of living only on water for 20 days. The result was incredible.

The next best thing to fasting is a low diet. In the pathogenic condition, especially in chronic cases, low diet consisting of leafy vegetables and fruits to the exclusion of concentrated food, slowly removes the abnormal conditions of the organism. In many Hygiene Centres, low diet forms the basis of the eradication of the chronic condition. One classic example of the efficacy of a frugal diet can be mentioned. Luigi Cornaro from Italy, who later became a Hygienist, became a physical wreck in his forties because of inordinate eating and drinking habits. When he recognized his folly, he reduced his diet to a barest minimum and lo ! he got back his health, lived till the ripe age of 98, and helped many overcome their health problems.

Natural Hygienists never claim that all diseases are cured ! Cure depends on how much vitality is totally sapped, how can one return to normal ? In fact, 'cure' is a misnomer. Nature is never engaged in 'curing diseases. Allopaths and Homeopaths have their supposed law of cure. Their attempt is to 'cure' disease by poisons which cannot restore vitality. Moreover, the very approach is faulty. Dr. Jonas Salk, the eminent Scientist, rightly remarked that modern medicine is a science of disease !

Nature heals; it does not cure. Natural Hygiene is a science of health. It asserts that any cure is associated with therapy-Any therapy is an application of an extraneous agency in the form of tools in aiding Nature. Naturopath virtually apes Allopathy and Homeopathy. Nature Curists employ lot of tools for the satisfaction of their clients. There is much clap trap in the system of Nature Cure. It is just a drugless system. The patient feels fine at the application of hip baths, spinal baths and packs, and he writes an un-solicited testimonial. But when the old symptoms return in a short time, he feels sad. If a patient gets well at the hands of Nature Curists, it is perhaps because of the absence of drugs. The office of the Naturopath resembles a junk shop or curio shop. "Future fossil hunters upon seeing the tool of the Naturopaths will come to the conclusion that man is but a modified monkey !" —remarked a noted Hygienist. Inordinate applications of enemas, hip baths, spinal baths, massaging, are simply enervating. And enemās are harmful. The body's organs are not drain pipes that a mere flushing will cleanse the organs. The body's mechanism does not work that way for it is a living organism. The toxic load is throughout the cellular system. How can colonic irrigation eliminate toxins clogged up in the whole system ? How can roasting by steambaths aid Nature when the body needs complete rest ? How can specific diet cure the disease when the body is stimulated by tools ?

There are no recipies in Natural Hygiene. The only prescription is— eat when hungry and eat food in its natural state. Too many foods at one meal are harmful; these retard digestion. Proteins and statch are ill combined. One concentrated food should be eaten alone. Too much protein intake is a fad. It taxes the system. Our body's requirement of protein is 30 grams. Dr. Chittenden, Swiss scientist Dr. Ragner Berg and Finnish scientist Dr. V. O. Siven have scientifically proved that the body's requirement of protein should not exceed 30 grams. Hunjas, whose longevity is proverbial, live on a low protein diet.

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Milk is not an ideal food. It is meant for calves and babes and not for adults. It has been observed by some famous Hygienists like Dr. Arnold Ehret and others, that milk is mucous-forming. Raw plant food is ideal for human consumption according to the Natural Hygienists. It has been observed by the Viennese scientists that raw plant foods increase the micro-electric tension in the cell tissues which in turn improves cell oxygenation, stimulates cell metabolism, increases the cell's resistance to aging, speeds the process of cell renewal and prevents 'biochemical suffocation'. All celebrated Hygienists like Dr. Adolph Just, Dr. Bircher Benner, Dr. Nolfi, Dr. Aterhov and Dr. Shelton have proved the efficacy of raw plant food health and disease.

Apart from food, the next important factor in Natural Hygiene is sunlight. Life giving effects of sunlight can hardly be over emphasized. Daily exposure of the body to sunlight is of utmost importance. Marshall and Blunt recognized the deadly action of light on bacteria. Dr. Arnold Rickli established 'cure atmospherique' at Veldes in Austria and found the benign effects of sunlight on health and disease. Dr. Rollier opened his sanatorium where there was a plentiful supply of sunlight and proved its efficacy. Later, Heliotherapy* was introduced for curing certain diseases. But this is wrong. Only sunlight, to the exclusion of other proportional Hygienic requirements, cannot bring about any healing.

Natural Hygiene never recommends indiscriminate use of water. Nature Curists make a lot of noise about the curative properties of water but it has none. Water, according to Natural Hygiene, should be used for cleanliness. Too much intake of water taxes the system. One should drink when thirsty. The belief is held in some quarters that there is a healing property in mineralized water. This is nonsense. Our body needs organic mineral and not inorganic dust. In the scheme of Natural Hygiene, distilled water is preferred.

The next important factor is exercise which is a strictly natural thing. Exercise eliminates the toxins quickly. It improves oxygenation in the cell tissue. That the sense of well-being, strength and fitness accrue from physical exercise is a fact. Without exercise, the body's organs atrophy.

In the scheme of a healthy way of living, relaxation has an important role. It is not "lying limp as a rag doll" as some experts in the field of relaxation therapy would have us believe. It should not be separated from graceful movement and good posture.

So, from the foregoing, it is clear that pristine health is not a make believe; it is a reality. But we should bear in mind that the purpose of our life is not attainment of optimum health or prolongation of one's life span. The real purpose of health is to prepare a way for spiritual growth and perfection.

[US. Satsang, Vol. XI, Oct. 6, 1983]

* * * * *

Agnihotra : From Germany to South America

Peter Stahl
West Germany

In July 1982 I toured the South American highlands in the Andes of Ecuador, Peru and Bolivia. I wanted to learn about the ancient high cultures of Incan times as well as the

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pre-Incan period and to experience something of the vibrations of the fascinating continent of South America. I also wanted to perform Agnihotra and Yajnya at all the special places we went to and to give the message of the healing fire to the atmosphere.

The first country we travelled to was Ecuador and its capital Qulto. It was here that I saw the Andes Mountains for the first time with its peaks reaching 18,000 feet. When travelling through the country by bus or train, you see beautiful scenery. We reached the highest active volcano on earth, the 18,000 feet high Cotopaxi after an adventurous taxi ride. At the foot of the Cotopaxi on a high plateau 12,000 feet high I commenced my first Yajnya in South America. In the loneliness of this grand world of mountains with its thin air, consciousness changes after a certain time. A part of the heaviness of earth falls away from a person. The seeming lethargy of the Indians partly results from the extreme height of the mountains.

After some sightseeing we arrived in Lima, capital of Peru. We visited the white city of Arequipa, the second ancient capital of Incan empire, Cuzco. One of the most adventurous days was when I walked alone from Cuzco to Sacsayhuaman which is situated above Cuzco at 12,000 feet. Sacsayhuaman is said to be a castle and is built of huge. precisely shaped rocks. The largest is 27 feet wide, 12 feet high, 15 feet wide, 12 feet thick and weighs 350 tons. Each July 24 is Inti Raimi, the sun festival. With each step one can see the sun religion of the Incas.

Just across the castle a huge rock, the Rodadero, looks out of the hill. Steps and seats are hammered in the rocks. In ancient times sacrifices were held connected with the sun. On top of the peak I performed my first Yajnya in Peru. The view was wonderful across the highland and far below was the city of Cuzco. The first person I met there was from Switzerland and lives not far from my native town Mammingen.

After walking for a whole day to the Incan baths (Tambo Machay), I experienced the huge radiation of this spiritual centre of the earth. One can understand that the Andes and the Himalayas play an important role in the spiritual development of mankind.

One of the most important things worth seeing in the whole of South America is the "city of heaven" called Macchu Picchu. It was by chance not discovered by the Spanish and lies high above the Rio Urubamba at 9,000 feet. When one walks through the entrance and first views the ruins which are surrounded by mountains covered with plants it is overwhelming. Words cannot express the feelings; one can only stand, look and be amazed.

Since we stayed overnight in Macchu Picchu I had the chance to have a look at Macchu Picchu before sunrise and, as I hoped, to do Agnihotra there. The problem was that the entrance opened after sunrise. I wished for a miracle so that I could enter the town earlier. When I stood at the entrance at 6 a m. it was still dark, nearly everybody was sleeping and a watchman declared that the door would be opened in half an hour At the same time he made a sign with his hand which could not be misunderstood that with some "tip" I could enter earlier. I gave him some money, the door opened and I was alone in the ruins. Behind me the door was locked again.

As there was not much time left I went directly to the main sanctuary called Intiwatana, the famous sun–rock. It took me 78 steps to reach the highest point. I prepared

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my copper Agnihotra pyramid and put it on the sun-rock in order to commence Agnihotra at sunrise. Then I lit the fire and meditated for 15 minutes. It was great. I scattered the ash around the stone; it had to remain there.

Then I walked to the Waynapicchu, which is also called sun-mountain, on the top of which sun offering rituals were held in ancient times. Ruins of altars are still found there. I reached the top at 8 a.m. and to my surprise there was somebody else there, an American from Los Angeles. He told me that he got there early in order to experience sunrise above Macchu Picchu because it is a very special sunrise. I told him my reason for coming up the mountain so early. I put my Agnihotra pyramid on the highest point and made preparations for Yajnya. From this point one has a complete view across the "city of heaven" Macchu Picchu, an unforgettable picture. The sun was looking through the clouded sky. While I was doing OM TRYAMBAKAM YAJNYA the American took photos of me. I gave him some literature about Agnihotra and presented him one copper pyramid.

In Bolivia about 40 miles from the capital La Paz the famous temple town Tiahuanaco with the sun door and the calendar door (Kalasaya). I wanted to leave the message of Agnihotra here also. Thus at 5 a.m. I went by taxi from La Paz to Tiahuanaco. I had to travel alone as nobody from the group wanted to get up so early but I felt that it was important.

At 6 a.m, it was dark, the sky was still bright with stars and excitement was great as a dream I had for a long time was about to be fulfilled—to practice Agnihotra at sunrise directly under the sun door thus giving the message of healing the planet which was resusticated by SHREE in this century.

But there were some difficulties to overcome. Barbed wire six feet high surrounded the whole area which didn't open officially until 8 a.m. Nearby was the watchman's house. There was no other way than to try to climb the obstacle. The first attempt failed but with the help of the taxi driver I was successful the second time. Thus I entered the temple area and in a few minutes I stood in front of the sun door. Again there was a barbed wire around it to protect the monument from greedy tourists who might take a piece of the sun door home. As I wanted to perform Agnihotra directly under the sun door I was forced to climb the barbed wire again. At sunrise I did Agnihotra at this healing place,

About 8 a.m. I reached the main entrance with the barbed wire. To my dismay a watchman was standing there. What will happen now, I thought. In South America one can be put into prison very quickly for doing things which are not allowed. There is no long discussion. As the watchman had already seen me I climbed across the fence and waited for something to happen. To my great surprise, instead of any outburst he invited me for tea. I was speechless but of course accepted the invitation and was led to a room in which another watchman slept. He asked me why I had come to South America. why just to this place and whether I had climbed across the fence. I admitted the latter and told him my reasons. He was very surprised. I told him about SHREE'S message and gave him information brochures in Spanish which I had with me which told about Agnihotra and Homa Therapy. He read them attentively. My intuition had

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told me that I should bring an extra Agnihotra pyramid and I decided to give it to the watchman as a present. He was very pleased about it. I explained to him the healing effects of AGNIHOTRA and gave him everything that was necessary for practicing it. To my delight he gave me a copy of an earthen pot which was manufactured in Tiahuanaco. The pot has a hole like a vase and symbolizes being open for the cosmic energy. We exchanged addresses and left as friends.

I travelled back to Europe feeling satisfied that the knowledge about the healing fire which was lost long ago had been given again to the atmosphere in the highlands of the Andes. May everybody contribute his own part that it becomes brighter on this planet and that a higher consciousness unfolds in the heart of man.

[US Satsang, Vol. XI, No.10, October 6, 1983]

* * * * *

Suggested Experiments

Dr. A. Mondkar
India

Experiment No. 1

Effect of Agnihotra on total bacterial count in the atmosphere.

Method : Two rooms of equal dimensions are selected. In both the rooms, trypticase soy milk agar plates are exposed 1/2 hour before Agnihotra to obtain the basal microbial count. Fire is prepared in both the Agnihotra pots just before Sunset/Sunrise time. Exactly at Sunset or Sunrise, Agnihotra is performed in *only one of the two rooms* and the plates are again exposed in both the rooms after 1/2 hour interval. (It will be preferable if the plates are exposed continuously for about 12 hours *i.e.*, from Sunset to Sunrise or *vice versa.* This was not done previously due to certain unavoidable circumstances.) All the plates are incubated at 37°C overnight and the number of colonies counted in each plate. The results obtained from the plates exposed after performing Agnihotra are compared with the basal reading to study the effect on the bacterial counts in the atmosphere. See Figure 1

Experiment No. 2

To study the effect of Agnihotra atmosphere on pathogenic bacteria.

Method : Two plates of trypticase soy milk agar are taken and streaked with a known pathogenic strain of *Staphylococcus pyogenes* (preferably isolated from a pus sample). One of the plates is incubated in a room away from Agnihotra atmosphere. The other plate is exposed to Agnihotra fumes by exposing the surface of the streaked medium to the vapours coming out of the Agnihotra pot. This is achieved by holding the plate about 6" away from the Agnihotra pot. This plate is allowed

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to stay overnight in the nearest vicinity of the Agnihotra pot (The plate may be left where the Agnihotri sits). Next day colonies will grow on both the plates. These colonies are suspended separately in two test-tubes containing physiological saline, the turbidity adjusted to Brown's opacity tube no. 3. Both the suspensions are injected intradermally on the things of an albino mouse. The results are observed daily for seven days.

Experiment No. 3

To study the effect of Agnihotra atmosphere on various characters of pathogenic bacteria.

Two plates streaked with a culture of any pathogenic bacterium are exposed as explained in Expt. No. 2 and their characteristics are studied. The various characteristics that can be studied include, coagulase production, haemolysin production, necrotoxin production, pigment production, production of various enzymes and so on.

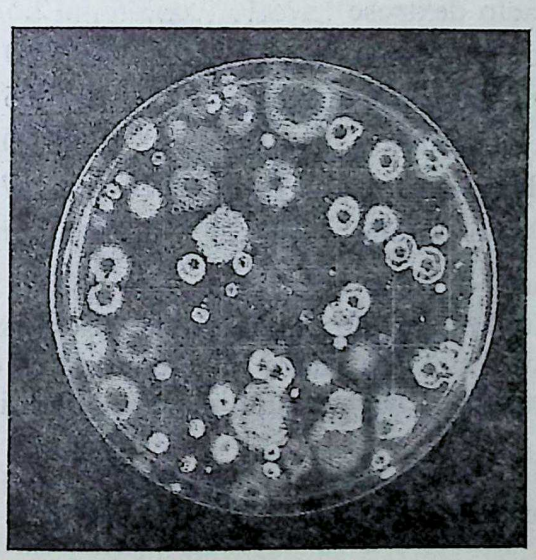
Experiment No. 4

Medicinal effects of Agnihotra ashes on skin and other infections.

Method : Agnihotra ashes are mixed with equal volume of cow ghee to obtain a homogeneous lotion. This is achieved by using mortor and pestle. This lotion is applied on various skin infections, wounds etc. The effect of this application is then studied.

Use of Modified Tryptic Soy Agar as a Substitute for Blood Agar in Cultivation of Fastidious Microorganisms as Mentioned in Suggested Experiments.

Blood agar is a medium which is normally used for the cultivation of fastidious microorganisms. The medium is prepared as follows.



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Nutrient agar : Bacto peptone .....1 g
Sodium chloride .....,0.5 g
Beef extract.....0.3 g
Agar agar.....1.5 g
Distilled water.....100.0 ml
pH is adjusted to.....7.6

The medium is sterilized in an autoclave at 15 lbs. pressure for 20 minutes (121°C).

For the preparation of blood agar, 10 percent of blood (rabbit, sheep, horse or human) is mixed with nutrient agar after cooling the agar to 50°C and poured in a sterile petri dish aseptically. This is then allowed to solidify.

The main disadvantage of this medium is that the medium contains some of the objectionable ingredients like beef extract and blood. It was thought that a medium without these substance would be most suitable for experiments with Agnihotra. A modified tryptic soy agar was tried as a substitute for blood agar.

The medium is prepared as follows.

Bacto tryptone.....17.0 g
Bacto soytone.....3.0 g
Bacto dextrose .....2.5 g
Sodium chloride.....5.0 g
Dipotassium phosphate.....2.5 g
Agar agar.....20.0 g
pH is adjusted to.....7.6
Distilled water.....1000.0 ml

The medium is sterilized by autoclaving at 15 lbs. pressure for 20 minutes. To this is added sterilized milk in a concentration of 10 percent under aseptic conditions. The mixture is then poured in a petri dish and allowed to set.

The medium worked very well as a substitute for the cultivation of microorganisms.

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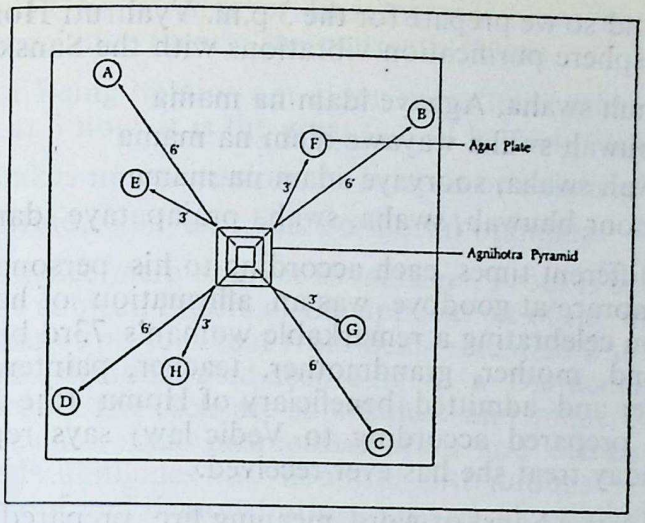
Figure 1



Positions of Trypticase Soy Milk Agar Plates : A, B, C & D are kept six feet away from the Agnihotra pyramid and plates E, F, G & H are kept three feet away from the Agnihotra pyramid. All the plates are exposed for five minutes. A second set of plates is exposed after ½ hour interval and so on. Preferably this may be continued from Sunset to Sunrise and vice versa. This will show us the time duration of the increase or decrease in the bacterial counts in the atmosphere.

[US. Satsang, Vol. XI, No. 7, August 18, 1983]

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A Celebration with Homa

Maria Broom

We came into her home chanting "Peace and joy upon the earth and to the people of the earth. Let the babies grow up free and strong with minds of peace and happiness in Love," English words adapted to the Om Tryambadam Mantra.

Fifteen of us carrying our babies, birthday food, music and the Agnihotra kit moved into my mother's kitchen and watched as she cried unashamed in surprise and delight. Five minutes to prepare for the noonday Yajnya in honor of the occasion, arrange the furniture, clear space for the dancing that would follow...

As always the copper pyramid HOMA fire, its beauty, its charm its blessing engulfed us and in a very real way held us close for the next few hours. Irvin Gates tended the healing pyramid fire and told us what an honor it was for him to be asked to do it.

Noni Ford offered her precious and rare gift of ancient temple dancing using lit candles.

Preston Vismale prayed a beautiful prayer from the B'ahai writings and I along with several other dancers danced with a specific joy and energy expressed only at intmate gatherings. The food was simple, wholesome and plentiful.

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Time moves and so we prepare for the 3 p.m. Vyahruti Homa submitting into the atmosphere purification vibrations with the Sanskrit mantras.

Bhuh swaha, Agnaye idam na mama
Bhuwah swaha wayawe idam na mama
Swah swaha, sooryaye idam na mama
Bhoor bhuwah, swaha, swaha prajapataye idam na mama.

We leave at different times, each according to his personal schedule but each solid embrace at goodbye was an affirmation of having shared a holy afternoon celebrating a remarkable woman's 73rd birthday. Charlotte Ruth Bond, mother, grandmother, teacher, painter, craftswoman, world traveller and admitted beneficiary of Homa (the ancient healing pyramid fire prepared according to Vedic law) says repeatedly it was the best birthday treat she has ever received.

Note : HOMA is a Sanskrit word meaning fire prepared in a container of specific shape and size, generally a copper pyramid, under certain biorhythmic conditions of nature with specific disciplines. YAJNYA is a technical word for such processes which bring about purity the words Yajnya and Homa are used synonymously.

[US. Satsang, Vol XI, No. 11 · Oct. 20, 1983]

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Christian Science and Fivefold Path

by James Blake Moore
USA

A Lesson Sermon

The following is a Lesson Sermon using the Divinely inspired textbook, "Science and Health with Key to Scriptures" by Mary Baker Eddy and excerpts from Vasant's discourses in U.S. in 1973.

'Satsang' the Divinely blessed twice monthly publication edited by Vasant V. Paranjpe is merely the vehicle bringing to man the total Message on the dawning of this New Era. As Vasant often says, "Knowledge shall spread by Divine Will, He has so willed and His will de done."

"Let us not waste our time over philosophical discussion or metaphysical speculations. Let us confine ourselves to what happens here and now. The law of Karma, the law of reap as you sow", is inviolable. This leads to cycles of birth and rebirth. But one may ask, What do I know about rebirth? Well, the law of "reap as you sow" is going to function in spite of our opinions about it. We might, however, restrict ourselves to what we experience here and now.

(*From Vasant's discourse in Washington, D. C.*)

"Now", cried the apostle, "is the accepted time; behold, now is the day of salvation," meaning, not that now men must prepare for a future-world salvation or safety; but that NOW IS THE TIME IN WHICH TO EXPERIENCE THAT SALVATION IN SPIRIT AND IN LIFE.

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It is the tangled barbarisms of learning which we deplore–the mere dogma, the speculative theory; the nauseous fiction.

This Science of Being obtains not along hereafter in what men call Paradise, but here and now; it is the great fact of being for time and eternity.

Science makes no concessions to persons or opinions.

The one Mind, God, contains no mortal opinions.

In Christian Science mere opinion is valueless. Proof is essential to a due estimate of this subject. Sneers at the application of the word Science to Christianity cannot prevent that from being scientific which is based on Divine Principle, demonstrated according to a Divine given rule, and subjected to proof. The facts are so absolute and numerous in support of Christian Science, that misrepresentation and denunciation cannot over–throw it. Paul alludes to "doubtful disputations". The hour has struck when proof and demonstration, instead of opinion and dogma, are summoned to the support of Christianity, "making wise the simple".

"We all know that we pass through cycles of happiness and unhappiness. The illusory pleasure which we term as happiness is followed by unhappiness. An ounce of pleasure is followed by a pound of pain, if not more." (*Vasant*)

Every supposed pleasure in sin will furnish more than its equivalent of pain, until belief in material life and sin is destroyed.

Mortals move onwards towards good or evil as time glides on. If mortals are not progressive, past failures will be repeated until all wrong work is effaced or rectified. If at present satisfied with wrong-doing, we must learn to loathe it. If at present content with idleness, we must become dissatisfied with it. Remember that MANKIND MUST SOONER OR LATER, EITHER BY SUFFERING OR BY SCIENCE, BE CONVINCED OF THE ERROR THAT IS TO BE OVERCOME.

In trying to undo the errors of sense one must pay fully and fairly the utmost farthing until all error is finally brought into subjection of Truth.

"Can we not rid ourselves of this cycle? Everyone is trying to do that. Where do things go wrong then? The answer is simple. We attempt to seek happiness through the avenues of the senses. We try to deepen and widen the avenues. We try to proliferate them. Happiness, however, eludes us all the time. We become exhausted in the process. To recuperate, people take to alcohol, drugs and sex. We are then further dragged down in the process. We pile up tension and anxiety in the process while our sense organs get enfeebled. So long as we seek happiness through the senses we are bound to despair." (*Vasant*)

The fundamental error lies in the supposition that man is a material outgrowth and that the cognizance of good or evil which he has through the bodily senses constitutes his happiness or misery.

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Jesus reasoned on this subject practically and controlled sickness, sin and death on the basis of his spirituality. Understanding the nothingness of material things, he spoke of flesh and Spirit as the two opposites–as error and Truth and existence.

"It is the spirit that quickeneth: the flesh profiteth nothing." (*Jesus*)

So physical sense, not discerning the true happiness of being, places it on a false basis. Science will correct the discord and teach us life's sweeter harmonies. Soul has infinite resources with which to bless mankind and happiness would be more readily attained and would be more secure in our keeping, if sought in soul. Higher enjoyments alone can satisfy the cravings of immortal man. We cannot circumscribe happiness within the limits of personal sense. The senses confer no real enjoyment.

If we look to the body for pleasure we find pain. For Life we find death; for Truth, we find error; for spirit, we find its opposite matter.

"On the day we are born as humans, we have been granted the wherewithal to be happy. 'Thou art perfect as my Father in Heaven is perfect'. Search for happiness within you and the search will end." (*Vasant*)

Now reverse this action. Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality.

Job said: "I have heard of Thee by the hearing of the ear but now mine eye seeth Thee". Mortal will echo Job's thought, when the supposed pain and pleasure of matter cease to predominate. They will then drop the false estimate of life and happiness, of joy and sorrow, and attain the bliss of loving unselfishly, working patiently, and conquering all that is 'unlike' God. Starting from a higher standpoint, one rises spontaneously, even as light emits light without effort, for "where your treasure is, there will your heart also be".

Man is not mere matter; he is not made up of brain, blood, bones, and other material elements. The Scriptures inform us that man is made in the image and likeness of God. Matter is not that likeness. The likeness of Spirit cannot be so unlike Spirit. Man is spiritual and perfect, he must be so understood in Christian Science.

When speaking of God's children, not the children of men, Jesus said, "The Kingdom of God is within you;" that is, Truth and Love reign in the real man, showing that man in God's image is unfallen and eternal. Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals.

"All movements at reformation of man will fail as long as the inner man is not touched. Any structure of reforms that is superimposed without effecting changes in the inner man is bound to collapse like a house built on sand. If you wish to do away with misery go to the root of the cause. Misery is merely the symptom of disease. The disease is bondage to the

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body and sense objects. Learn to take a detached view of events that take place. Be non-attached to the fruit of your actions. Then you will notice that all tension and anxiety disappears. The fruit of your action depends on various factors that you are not able to recognize. By non-attachment to the fruit of action, you only lessen your burden." (*Vasant*)

Detach sense from the body, or matter, which is only a form of human belief, and you may learn the meaning of God, or good, and the nature of the immutable and immortal. Breaking away from the mutations of time and sense, you will neither lose the solid objects and ends of life nor your own identity. Fixing your gaze on the realities supernal, you will rise to the spiritual consciousness of being, even as the bird which has burst from the egg and preens its wings for a skyward flight.

Sorrow for wrong doing is but one step towards reform and the easiest step. The next and great step required by wisdom is the test or our sincerity—namely, reformation. To this end we are placed under the stress of circumstances. Temptation bids us repeat the offense and woe comes in return for what is done. So it will ever be, till we learn that there is no discount in the law of justice and that we must pay "the uttermost farthing."

Reform comes by understanding that there is no abiding pleasure in evil, and also by gaining an affection for good according to Science, which reveals the immortal fact that neither pleasure nor pain, appetite nor passion, can exist in or of matter while Divine Mind can and does destroy the false beliefs of pleasure, pain or fear and all the sinful appetites of the human mind.

I saw that the law of mortal belief included all error, and that, even as oppressive laws are disputed and mortals are taught their right to freedom, so the claims of the enslaving senses must be denied and superseded. The law of Divine Mind must end human bondage, or mortals will continue unaware of man's inalienable rights and in subjection to hopeless slavery, because some public teachers permit an ignorance of Divine power–an ignorance that is the foundation of continued bondage and of human suffering.

Men and women of all climes and races are still in bondage to material sense, ignorant of how to obtain their freedom.

God made man free. Paul said, "I was free born. All men should be free. Where the Spirit of the Lord is, there is liberty." Love and Truth make free, but evil and error lead into captivity.

"All around us, we find people crazy after the dollar, liquor and sex. They feel the more they have of these things, the happier they will become. The moments of pleasure they derive from this indulgence exact a heavy toll of the mind and are paid for in terms of heavy doses of psychiatry. Every indulgence comes with a price tag attached to it. Pay now or pay a little later, but pay you must." (*Vasant*)

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The indulgence of evil motives and aims makes any man, who is above the lowest type of manhood a hopeless sufferer. Christian Science commands man to master the propensities—to hold hatred in abeance with kindness, to conquer lust with chastity, revenge withy charity, and to overcome deceit with honesty. Choke these errors in their early stages if you would not cherish an army of conspirators against health, happiness, and success. They will deliver you to the judge, the arbiter of Truth against error. The judge will deliver you to justice, and the sentence of the moral law will be executed upon mortal mind and body. Both will be manacled until the last farthing is paid, until you have balanced your account with God.

There is no enjoyment in getting drunk, in becoming a fool or an object of loathing; but there is a very sharp rememberance of it, a suffering inconceivably terrible to man's self-respect.

Man's enslavement to the most relentless masters—passion, selfishness, envy, hatred and revenge—is conquered only by a mighty struggle. Every hour of delay makes the struggle more severe. If man is not victorious over the passions, they crush out happiness, health and manhood.

"As a start, try to live moderately. Do not go to extremes. You enjoy more by renunciation. This is difficult to grasp by intellect but easier to comprehend by experience. The spiritual path is a journey in the Kingdom of Bliss. To appreciate subtle things, you have to become subtle. To become subtle, you have to rid yourselves of the cobwebs of desires that are wrapped around the intellect. The Fivefold Path grants you the material and mental aids to enter into the Kingdom of Bliss. Learn to lead a happy and contented life on this planet. Do not indulge in the luxury of daydreaming about a post-dated heaven. 'The Kingdom of Heaven is within you.' You have only to cognize it." (*Vasant*)

Christian Scientist must live under the constant pressure of the apostolic command to come out from the material world and be separate. They must renounce aggression, oppression and the pride of power. Christianity, with the crown of Love upon her brow must be their queen of Life.

Through spiritual sense only, man comprehends and loves deity.

God's being is infinity, freedom, harmony and boundless bliss.

They, who know not purity and affection by experience can never find bliss in the blessed company of Truth and Love simply through translation into another sphere.

Heaven, Harmony, the reign of Spirit, government by Divine Principle, spirituality, bliss, the atmosphere of Soul.

"Try to live in harmony with the energy cycle of creation. AGNIHOTRA does that for you. You will find that anxiety, tension and worry will become things of past. Examine your daily conduct against the parameter of TAPA (self discipline, austerity, purification). It is difficult to put

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ourselves into a straight-jacket. Hence, seek the company of holy persons, people who do not seek any material benefit from you, people who would like to share their happiness with you. Happiness is contagious. Let us start an epidemic." (*Vasant*)

Through Divine science, Spirit, God, unites understanding to eternal harmony.

Christian Science demonstrates that none but the pure in heart can see God, as the gospel teaches. In proportion to his purity is man perfect and perfection is the order of celestial being which demonstrates Life in Christ, Life's spiritual ideal.

Happiness is spiritual, born of Truth and Love. It is unselfish. Therefore it cannot exist alone but requires all mankind to share it.

Glimpses of happiness indescribable have come through the teachings and joint practice of the Fivefold Path of the Vedas which is Kriya Yoga and the teachings of Christian Science. All antagonistic mortal suggestions to practice only one of these "Blessings" and to dispense with the other only helped to fortify the effort and necessity of studying both and sharing the results of this "Golden Mean" with those humble enough to receive.

"Whosoever shall not receive the Kingdom of God as a little child shall in no wise enter therein." Luke 18:17

"Willingness to become as a little child and to leave the old for the new renders thought receptive of the advanced idea." (*Science and Health*)

"Think not that I am come to destroy the law, or prophets: I am not come to destroy, but to fulfill." Matthew 5:17

All along the way Almighty is constantly supplying the necessary confidence and strength to refute all limited dogmatic opinions sprouting from closed mortal minds, whether they be Scientists or Yogis and to continue in the uniting of these "Pearls Divine".

It is here suggested that all honest seekers of Truth cast aside all preconceived opinions and investigate 'Grace Alone' and 'Light Towards Divine Path', two books by Vasant V. Paranjpe and also the twice monthly 'Satsang' publications. These writings are a constant source of inspiration and illumination. The knowledge contained therein on the Fivefold Path of the Vedas now given in a package deal is Almighty's latest unfoldment to HIS children. Unlimited gratitude is expressed to Mary Baker Eddy for the continuous flow of blessings that come from the study of 'Science and Health with Key to the Scriptures' for it has brought a much deeper understanding of the Holy Bible and the PRACTICAL APPLICATION OF THE MESSAGE OF AVATAR CHRIST JESUS. It is beautiful to know there is a group of God's children that have more faith in God, Spirit than penicillin, golden seal, lemon and onions or any other concoction of materia medica and that this Science of MIND healing taught in Christian Science must inevitably transcend

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all other methods of healing. I am truly grateful to be a member of the Church of Christ, scientist.

May we all be humble enough to realize that the time has now come that the spiritual armory of both East and West must unite. The Command is "Total Love or Total destruction".

Many sincere worshippers could throw away all outdated material medicine and learn through Christian Science how to totally rely on the Almighty, the supreme medicine. All Christian Scientists could by practice of Agnihotra (Purifactory process through the agency of Fire) accelerate individual spiritual growth and the assimilation of Christian Science within a few weeks. But, most important is the conscious Divine Link that one is given to the present Wayshower, Avatar Parama Sadguru Shri Gajanan Maharaj by practicing the daily prescribed Yajnya, Agnihotra.

"If that Godlike and glorified man were physically on earth today, would not some who now profess to love him reject him? Would they not deny him even the rights of humanity if he entertained any other sense of being and religion than theirs?" Science and Health p. 54:29–1

This Spiritual exchange would have such a profound effect on the spiritual evolution of man and the total picture that the thoughts of it alone overwhelm me. Divine Love knows no barriers; only those that profess to reflect this all encompassing Love construct these apparent barriers.

"And there shall be one fold, and one shepherd." Christ Jesus

May this work be accepted as an offering of Love and gratitude to all travellers to the Kingdom of Heaven no matter what religious name plate they may be wearing. WE'RE ALL HIS CHILDREN.

THE FOLLOWING IS A SPIRITUAL INTERPRETATION OF THE FIVEFOLD PATH.

1. AGNIHOTRA (Process of purification of atmosphere which purifies the mind, given in Vedic science of bioenergy). Our baptism is purification from all error.

This immaculate idea, represented first by man and according to the Revelator, last by woman, will baptise with FIRE and the fiery baptism will burn up the chaff of error with the fervent heat of Truth and Love, melting and purifying even the gold of human character.

The baptism of Spirit, washing the body of all the impurities of flesh signifies that the pure in heart see God and are approaching Spiriual Life and its demonstration.

The purification of sense and self is a proof of progress. "Blessed are the pure in heart for they shall see God."

Christian Science demonstrates that none but the pure in heart can see God as the gospel teaches. In proportion to his purity is man perfect: and perfection is the order of celestial being which demonstrates Life in Christ, Life's spiritual ideal.

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2. DAAN (Sharing assets in a spirit of humility) Tithe. Contribution. Tenth part. Homage. Gratitude A sacrifice to the Gods. Giving a cup of water in Christ's name is a Christian Service.

The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking is own in another's good.

Giving does not impoverish us in the service of our Maker, neither does withholding enrich us.

3. TAPA (Simple self discipline to train the mind) You must control evil thoughts in the first instance, or they will control you in the second.

Spirit, God, is heard when the senses are silent. To enter into the heart of prayer, the door of the erring must be closed. Lips must be mute and materialism silent, that man may have audience with Spirit, the Divine Principle, LOVE which destroys all error.

If we have triumphed sufficiently over the errors of material sense to allow soul to hold the control, we shall loathe sin and rebuke it under every mask.

4. KARMA (Good deeds without attachment to fruit of actions) What we must need is the prayer of fervent desire for growth in Grace expressed in patience, meekness, Love, and good deeds. To keep the commandments of our Master and follow His example is our proper debt to Him and the only worthy evidence of our gratitude for all He has done.

Error of thought is reflected in error of action. It is Christian Science to do right and nothing short of right doing has any claim to the name.

Every pang of repentance and suffering, every effort for reform, every good thought and deed, will help us to understand Jesus' atonement for sin and aid its efficacy; but if the sinner continues to pray and repent, sin and be sorry, he has little part in the atonement—in the at-one-ment with God—for he lacks the practical repentance which reforms the heart and enables man to do the will of wisdom.

The law of our Supreme Court decrees that whosoever sinneth shall die but good deeds are immortal, bringing joy instead of pain, and life instead of death.

Goodness attains the demonstration of Truth.

5. SWADHYAYA (self study, who am I?) If God, the All-in-all, be the Creator of the Spiritual universe, including man, then everything entitled to be a classification as Truth or Science, must be comprised in a knowledge or understanding of God, for there can be nothing beyond illimitable Divinity.

In Divine revelation, material and corporeal selfhood disappear, and the Spiritual idea is understood.

Mortals are not like immortals created in God's own image; but infinite Spirit being all, mortal consciousness will at last yield to the scientific fact and disappear and the real sense of being, perfect and forever intact, will appear.

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THE SUN HAS RISEN ON A NEW ERA

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Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
P.K. Lohia
10/4/86

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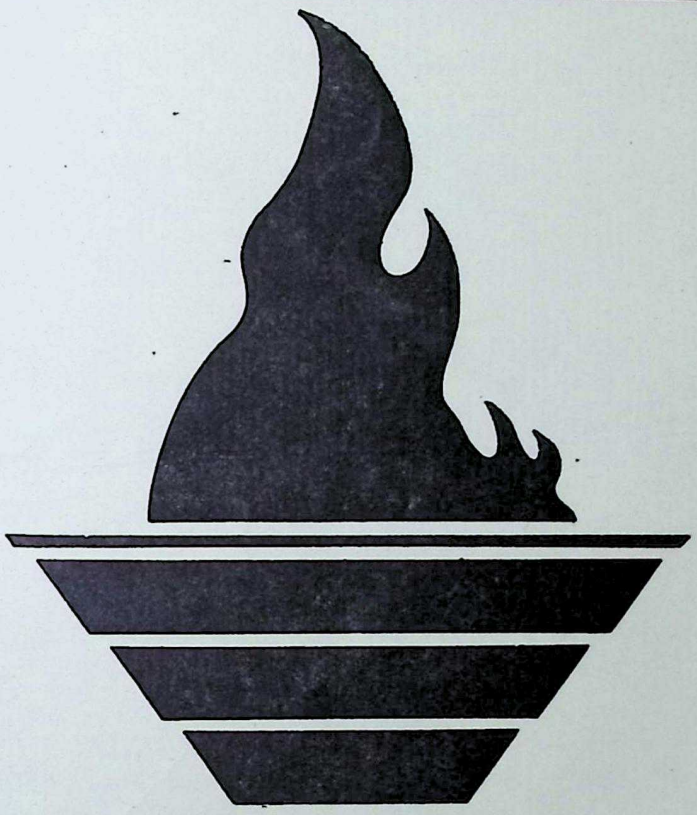

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya

Satsang

January 1984 New Era 40 Vol. IV. No. 8

[*Message given by Gurudev Vasantraoji Paranjpe at Shivapuri, Akkalkot, on the occasion of X'mas, the 24th December, 1983*]

What you acquire here in SHIVAPURI in silence and under ideal conditions will penetrate or enlighten your further life because Shree's source flows in eternity and this water quenches every thirst-AUM.

Shree has come to resuscitate ancient knowledge and heal the planet.

It is the Divine beauty that the plan functions not because of men but in spite of men. Normally a man is an inconsistent selfish being. In spite of these qualities man has the ability to rise high. The change is called the 'WAY' and is possible for anybody in any situation and from any point of starting. This is the Divine beauty of Truth. Aum. Halleluja !

The love and Grace of Almighty Father has descended upon us. With just a little effort the message of Satya Dharma will spread easily. When someone hears of Agnihotra that impression of love will be emblazoned on the mind and nothing but performance of Agnihotra will satisfy.

We have to go quickly to all people all over the world. Our people will be moving to many places. Quickly we must go. Now in many cities in Europe, different countries, there will be 24 hour Yajnya (HOMA) centres starting. All forces of Almighty Father are closing now. They are squeezing in. Time is short.

There are so many places to travel to. In Europe alone someone will go to every country. Different people will be asked to move. Now quickly the message spreads. We are moving quickly,

Shree has shown an easy way for all mankind to travel on the Path of Light, Divine Path. Perform Agnihotra, perform Homa, meditate a few times a day and your mind is taken care of. When the mind is disciplined all desires are taken care of. Simply by observing the times of meditation throughout the day, things come which otherwise might be delayed in coming, Then people are drawn to you.

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We are like flowers which should bloom for the work. However one must clear the stem first so that water can flow right through it and can nourish them. Aum.

Within all of us there is an unending source of energy which flows outwards as soon as we open and devote to SHREE. Let the source flow for the sake of all and for the sake of the earth.

For everyone who wants to get energy it is best to sit near YAJNYA fire. Through HOMA fire more higher energy could be transmitted than through talk. Talk is only for the lower levels. Talk is good to show people gross direction when they are totally blind but it can not give the power to go the way.

If someone is spiritually confused then let him sleep in HOMA atmosphere. There is no need to talk to him. If you try to talk in that moment and try to set right the confusion, new thought arises and the effect is not worth the effort. However if he sleeps in HOMA atmosphere the superficial confusion is eliminated and the healing effect is better recognized by deeper levels and works further from there.

Shree has given the message to the atmosphere. What does this mean ? The atmosphere is saturated with HIS message, by HIS power. It means the new Age is ushered in and anyone who makes only a little effort can easily be lifted higher and higher. He has to practice Agnihotra as the material first aid and other Homas to strengthen the energy imprint. When he starts practicing this he need not ask anyone the question "what shall I do next?" The answer comes to him automatically. The atmosphere tells him exactly what he is to do next. This is getting easier for all of us because SHREE has given the message to the atmosphere and the message percolates and manifests more and more into matter for anyone to hear with only a little effort.

All sorrow originates from darkness, ignorance, and blindness. Man is originally a light being and therefore man should never accept sorrow, knowing its origin. Man should consciously absorb only those energy units which originate from light and have the nature of light. This accords with nature of man and strengthens his being. Man should refuse all other energy as strictly not belonging to his nature as this weakens him and disturbs his identity. This knowledge is lost to masses and many people absorb into their energy structure wrong units of energy i.e. lust, bad thoughts, sorrow, worry, violence etc. instead of refusing them. This thing has gone too far and Shree has come to give a push to change

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the situation and press it into right direction. Shree's energy penetrates deeper and deeper into the levels and permeates and creates the right conditions again. This is the meaning of new Age. This is the effect of message being given to the atmosphere. When this reaches the deepest level the task of Divine power appearing as body of SHREE is fulfilled. So let us grow and blossom in this wisdom.

Life will make you crazy as long as you refuse to give up duality. That means only when you see God in all (and not make any difference between material work and spiritual work) this gruelling test will have an end.

Your only weapon is love. With whatever you have to 'fight' you have only this single and at the same time strongest and most sharp weapon. This is the way.

Through destroying of the old stiff forms of matter fire sets free other more subtle manifestations. More subtle energies can work into the gross material.

Child of man. Now you are only here to fulfil the holy will of the highest God. Know this and refuse all else what is called sin, so your life becomes simple. Listen only to your inner voice which, always louder, will guide you. Man, do you want to reach your goal? So you need courage, confidence, affirmation and a firm will to reach higher – Aum. So you cannot go wrong and highest laurel will be yours. Don't ever look behind you. Alway look in front at your goal. Aum Halleluja!

There are 'gear' places between the material and spiritual, inner and outward. At such places, the still attached intellect is directed to become more lightly attuned and to stimulate the right function. Such points are on body of Shree, Shivapuri.

The Halleluja sounds after Aum like the echo of the word.

Your soul would be lifted through the channel created by the Mantras into higher spheres which can lift this sphere more directly.

Through your deep devotion and your purity the way is created on which God can descend. Aum. This preparation is necessary for the material aspects of My revelation.

When somebody is strong enough to climb a ladder this means not that he is strong enough to open the gate at the top. You may sit partially

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devoted at the highest step of the ladder till enough powers are flown into you that the gate can be opened to you. To everyone is given according to his capacity because the LORD is wise. Aum. Halleluja ! The flux of powers will augment. Finally through this might, all barricades and limits are washed away so that at the exact right moment all is still only one infinite sea of energy. Aum. Halleluja !

When one receives something one receives to give further (love). Don't look back. Take the point where you are now and open yourself perfectly and always to the light which shines within you. More you don't need because All is in you.

Let the world go. It is not worthy of your attention. But BE LIGHT.

When you practice for certain time Mantras with so much concentration a very special energy field is created.

When some persons are together it is not important what they talk together but the knowledge that they are ONE, that knowledge which shoots like a fountain of light towards heaven. Aum. Halleluja !

We are on the brink of disaster. However, this destruction will be averted by Grace. That destruction will never be reached. There are only ten who know this. All Grace.

Aum Halleluja !

* * * * *

Homa Therapy Spreads By Itself

Dr. Ulrich Berk
West Germany

Poland 1983

In 1981 Vasant and myself went to Poland for the first time to teach Homa Therapy techniques based on the basic pyramid fire of AGNIHOTRA. We gave many talks, met several groups and the response was extremely enthusiastic. Many people commenced AGNIHOTRA. Again in 1982 I was invited to spread the message of Yajnya heeling fires in five towns in Poland.

I went there again in 1983. I was received as an old friend by many groups of people, even by several whom I had not met before. We had trained teachers in Poland who would continue the work in our absence and they had done excellent work to spread the message of healing through Agnihotra and Yajnyas. Government Television was helpful in

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spreading the message of the science of Agnihotra and several hundred inquiries came from all over Poland. Most of these were attended to by the newly trained teachers of Agnihotra. Some wrote to me in Germany and some to Vasant in U.S.A.

Before my arrival in 1983 several groups of people from various areas of Poland had been practicing Agnihotra. We had gifted a few hundred Agnihotra copper pyramids from Germany and India as the people could not pay for it in foreign currency. A message was received in 1983 by the International Homa Therapy Research Institute Shivapuri, Akkalkot, India, stating that about one thousand copper pyramids were required in Poland for new people wanting to start the practice of Agnihotra. So arrangements were made to manufacture them in Poland. A copper pyramid made in Poland was presented to me.

On the first day of my arrival in Warsaw I was invited to a club where about 30 people had gathered for sunset Agnihotra. Such Agnihotra meetings are held twice every week in several areas of the capital city of Warsaw. After performance of Agnihotra I was introduced to the people by the organisers. All people were new to me and I had never met them before. I spoke about the emergency situation of the planet due to transgression of the laws of nature and the importance of YAJNYA (HOMA) as solution to pollution. I could see and feel that people were so much full of love and gratitude towards Agnihotra. They stated that they could experience great relief from tension when they practiced Agnihotra.

The following weekend there was symposium hosted by the Radiesthesia Society of Warsaw presided over by Mr. Lech Stefansky. About seven hundred delegates had come from all parts of Poland and some from Czechoslovakia, Britain, France and Denmark. At the preceding symposium of the Radiesthesia society in 1981 I had accompanied Vasant to Warsaw for the first public lecture in modern times on Agnihotra and Homa Therapy in 1983. Only in the short period of two years three Polish Homa Therapy teachers were reporting to the symposium group the wonderful results they and others had experienced in various areas of healing. Prominent among the reports were results of healing due to Agnihotra atmosphere and Agnihotra ash.

Agnihotra was done in a garden of 600 sq. meters area. No chemical fertilizers, insecticides, were used. Vegetables grew faster, became larger in Homa atmosphere. Similar things were noticed with trees. Insects disappeared in HOMA atmosphere.

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Agnihotra atmosphere and Agnihotra ash medicines as developped in Germany were used to treat succesfully the following diseases.

Heart problems
High Blood Pressure
Nervous tension
Skin diseases
Skin injury
Conjetivitis
Asthma
Influenza
Cancer.

Every one reported the calming effect of Agnihotra and asserted that tension on the mind was removed by its practice.

At the symposium several scientists were present and the organisers had arranged my talk on HOMA Therapy in such a way that sunset time would come in the middle of talk and I would be able to demonstrate Agnihotra to the audience. I explained the Vedic theory of Agnihotra in such a way that it became understandable to the scientifically oriented audience.

A representative of the Government TV requested me that she be allowed to film Agnihotra performance for TV audience and I agreed. It was so nice to see about seven hundred people getting calm and partly meditative when the sunset Agnihotra flame was burning.

A little later Leonard Orr from U.S.A. spoke on rebreathing through breathing techniques. He stressed the importance of cleansing the whole planet like the flood in Biblical times. He said in those days the element by which the cleansing took place was water while now it will be fire. If we do the cleansing voluntarily by doing Agnihotra and other Yajnyas it will be highest good karma. I was glad to hear that the idea of purification through fire was being revived among people practicing different methods of healing.

After the symposium my tour of Poland started.

WENGORCEVO

This is a small town in N.E. Poland. I gave a small seminar on Homa Therapy for a group of 30 people.

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BYDGOZCZ

As people were familiar in this town with Homa Therapy I elaborated the effect of HOMA on the thinking, feeling and willing processes of man. Homa helps us to reach the state of being full of love all the time.

BIELSKO

I had to travel nearly all the way through Poland to the south to reach this town. I explained HOMA Therapy to a group of 50 people. All of them were being exposed to Agnihotra for the first time. As the time of my talk was scheduled to begin the interpreter was missing and I could not speak polish language. The lady who had organised the meeting was little nervous about how the meeting would go on. I asked whether anyone from the audience spoke good German or English and immediately one lady came forward who had been professional German interpreter and the meeting started. I gave general introduction of HOMA Therapy and at the end of my talk many people crowded around me and wanted more information about Agnihotra. So right on the spot I held a Mantra class and taught them Agnihotra procedure. We all did Mantras together as they learned everything so quickly.

KATOWICE

I had been to this place last year and people knew Agnihotra. I went into a few more details and explained how YAJNYA of which Agnihotra is the basic form, is the best material aid for happy life on the planet. Fire helps man to transform subtle energies in such a way that they become beneficial for all creation. As only man can perform HOMA it is his duty to do so to help his fellowman, plant kingdom and all creation.

KRAKOW

I met people who have been doing Agnihotra and we had further in-depth discussions. In Krakow, Jola and Slawek, two young people I had met last year, joined me. We continued the journey in Slawek's fiat car.

ZIELONA GORA

This is in West Poland. We reached this place just in time for the meeting. Slawek gave the audience a summery of the results with Agnihotra and Agnihotra ash medicines from different areas of Poland.

I gave a general introduction to the science of Agnihotra. I told them that in East and West Germany the forests were dying due to pollution.

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Czeckoslovakia was much worse in this respect and Austria has recently begun to face the crisis. Many people demanded more literature about Agnihotra and Homa and we supplied all the wanted including copper pyramids.

POZNAN

We had the same trouble with the car and we reached in the afternoon instead of morning. Mrs. M. had arranged the meeting. Mrs. M. first saw Agnihotra during Vasant's tour of Poland in 1981 and last year she visited our HOMA healing centre in west Germany to learn further about HOMA Therapy. About one hundred people attended the meeting. Jola gave a report on Agnihotra ash medicines research in Poland and we did Agnihotra together. After the meeting there was a big rush towards the place where our literature and copper pyramids were kept.

People formed a long queue and we had difficulty in dealing with all of them. Even our Polish interpreter helped to distribute copper pyramids and literature to over 30 people who wanted to start Agnihotra immediately.

People in POZNAN wanted us to stay longer but we had to leave.

BYDGOSZCZ

We reached Bydgoszcz second time around midnight. Next morning I discussed many points about HOMA Therapy centres with Ryszard and Elsbieta. Ryszard has been taking many group meetings to teach Agnihotra and hence I wanted to spend more time with him. They wanted to start room of silence for healing where only Agnihotra is performed. Their apartment was small and yet they are thinking of making use of some rooms under the roof. A few weeks after I returned to Germany I learned that they had already started to get the rooms ready.

GDANSK

Before I left Germany for Poland Vasant had sent me a telephone message that a healing centre would come up in Gdansk. So I planned to spend more time in this famous town. I learned that some people whom I had met last year had already started experiments in HOMA farming. They had planted a new orchard and noticed that where Agnihotra was done there were no problems.

I spread the word about the idea of a Homa healing center and I could

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notice a great interest among the people. I noticed that especially Elsbieta and Lukasc were very attentive. So I explained to them how to set up such a place with HOMA and Mantras. I told them that it was the task of man to serve and such a healing centre would help all people, not only in Gdansk but all over Poland. Next morning Elsbieta discussed many technical things regarding starting such a centre. In the afternoon we did OM TRYAMBAKAM HOMA with a group of people. So that they could learn. When I left everbody seemed grateful for the idea of a HOMA centre.

I returned to the capital city of Warsaw and met several friends. In the afternoon I was invited to meet a group where OM TRYAMBAKAM was going on for many hours. Now there are several people in Poland who could teach Agnihotra to others. I had an idea to hold an indepth seminar for people who would be teachers of Agnihotra. This seminar could be held in early 1984.

I discussed this idea with some people and I was told that between 20 to 30 people who have been practicing Agnihotra and who have some experience to teach Agnihotra could be invited from various parts of Poland. They will look for a suitable place and make reservations Probably Berthold and Monica Jehle and Susan myself would teach at the seminar the various aspects of HOMA Therapy.

I would have to spend several months in Poland if I would accept invitations from all the places in Poland. In this trip I noticed two things. Everywhere people purchased Agnihotra copper pyramids and literature. Secondly, it was clear that many new people came forward who are ready, willing and able to take over the work of spreading the message of Agnihotra in Poland. Agnihotra and HOMA spread by themselves in Poland.

[US Satsang, January, 1984 Vol. VI]

* * * * *

Homa on the *Rainbow Warrior :* The Green Peace Mission in Soviet Waters

John Parulis
San Francisco

Green Peace is the international environmental organization dedicated to bringing serious issues that threaten the overall health and well being of the public. Marine mammal protection, nuclear disarmament and industrial waste hazards are just a few areas of concern for the mostly volunteer staff.

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This summer I had the opportunity to serve aboard Green Peace's flag ship the *Rainbow Warrior* as a professional cameraman for two campaigns. The first was to protest Japan's use of a destructive fishing method known as "gill netting". Designed to catch fish such as salmon, the gill net also catches just about everything else - leaving thousands of dead porpoises and thousands of dead sea birds at the end of a season.

The second and more widely publicized campaign brought us to the shores of Siberia, where we went to gather evidence of Soviet violation regarding an International Whaling Commission agreement on the killing of the once endangered Gray Whale. A small number of whale kills is permitted by the IWC for aboriginal subsistence only; however, what we found was strong evidence that the whale take was being used to feed a rather large number of fur-bearing animals in a pelt production facility. We had sought permission from Soviet authorities months before we left to inspect the whaling station but were ignored. Thus, we had no recourse but to slip into the area. We were immensely successful both in obtaining the needed evidence for the then current IWC convention in England and the safe return to United States waters with an added bonus of front-page worldwide news coverage.

The plan for gathering evidence on the Siberian Station had been to launch six people in an inflatible boat from the *Rainbow Warrior* to go ashore on USSR soil, film the operation and hand out leaflets. These people were arrested by Soviet soldiers soon after they landed.

When it became apparent that we could not rescue our crew members on shore, we decided to at least save ourselves, the film we shot from the ship and the ship itself. The Soviets gave a nerve-wracking eight-hour chase, sending everything after us from combat helicopters and a merchant vessel that attempted to block our path to an ever-present naval warship. At one point when our capture seemed imminent, we launched an inflatible motorboat loaded with gas, the film and a brave soul to try to make it to U.S. Alaskan waters eighty miles away. He was captured from the sea by one of the Russian helicopters but was miraculously unharmed. The inflatible boat was later recovered by us, thanks to a daring rescue attempt by another Green Peace crew member. All this was happening in a sudden thick fog that broke long enough for us to retrieve the boat and the film! About eighteen hours later we were safe in home, Alaska, the Russian ships having broken off their pursuit once we were fairly well into international waters.

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I don't doubt for a moment that the daily practice of Agnihotra on the ship and a special Homa we did in Siberian waters immediately before the operation were largely responsible for the safety and success of this mission.

Five weeks before, when the cruise began, I welcomed the opportunity to do Agnihotra at sea. Before I unpacked my gear. I approached the captain of the ship with a brief description of Agnihotra, its healing effect on the atmosphere and a request to perform it on board. Surprisingly but not unexpectedly, he gave me permission. Fire codes on ships are very strict and I was preparing for the worst, but with proper regard for safety procedures, doing Agnihotra is no more difficult than knowing how to deal properly with cigarette smoking on ship. John Haggerty of Agnihotra University, provided me with a pocket computer that calculated precise sunrise sunset information in conjunction with the ships sattelite navigational aid. In the portion of the Bering Sea we sailed in, the sun set around 11.30 p.m. and rose somewhere around 3.30 a.m. *During the cruise, several people became interested in Agnihotra. The ships library now contains copies of "Light Towards Divine Path" and "Wholistic Healing" by Vasant* (*Publishers*, Agnihotra Press, U.S.A.).

Just an hour before the six crew members went onto Soviet soil, one of them and another Green Peacer joined me in a special *Homa* directed toward the safety of the crew and the success of the mission. Later, after that fellow returned from Soviet capacity, he told me that he had been thinking about the fire ceremony a lot and that he felt it was instrumental in everything going so well. The other person at the fire ceremony had similar feelings.

An interesting sidelight here is that some Green Peace members told me that this protest was the most successful one they ever launched and by far the one with the best imaginable press coverage in the organizations twelve year history.

For me personally all this only affirms the majesty of Grace and the potency of Agnihotra and *Homa Therapy*. In the near future, I see the distinct possibility of these fire ceremonies going to sea with organizations like Green Peace to purify the toxic sites that industrial society has proliferated on the oceans.

[US. Satsang, Vol. XI, No. 11, Oct. 20, 1983.]

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Faith, Experience, Surrender and Time

Barry Rathner

I used to try to understand the concept of surrender by using the obvious analogy of the vanquished surrendering or giving up to the victor in a war.

But the concept is changing. When we surrender to the Master, give in to our higher selves, there is no real giving up of anything. Though it feels like it at times, the old habits. attachments to people, food, places, jobs, etc., that we change are not be so troubled by where we have been or even where we are.

But what about the pain of the present? How can I overcome the pangs of struggle, the hurt of broken relationships, the hunger during periods of fast?

I must take the next step! Put aside the fear, the anxiety and walk forward into the Light of Love. Sure, it's only a concept in the beginning, only some poetic words right now. But perhaps it doesn't matter. What begins as a concept can develop into an experience, a feeling, a being. We learn and practice a new Mantra by rote, by tape recorder, by repetition. Later it becomes part of our new being.

Some of the struggle may perhaps be unavoidable. We don't know what is at the end of the road until we reach it. And we don't reach it unless we make the journey. So we are being asked – asking ourselves actually – to make a sacrifice, do some discipline, give up some "bad" habit in order to reach a higher goal. That, in fact, there is some higher goal may be a function of both faith and experience. We may have experienced enough to combine it with the faith to carry on. Or we may go heavy on the faith end and look at our teacher, look at our Master, look within our true selves.

Then, of course, there is the increasingly common experience in these troubled times of being fed up with our condition and determined to find something better.

Whatever method suits us, eventually the job must be undertaken. It's not a question of whether or not but *when*. Since there is a time factor in everyone's Karma, however, we delay, procrastinate and postpone at our own risk. Something attainable with small effort today may require much more effort in the future.

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Agnihotra may not be the only way (then again it might be), but it sure feels like the quickest and easiest one. When we look around at ourselves, our associates, our students and our patients who have tried Agnihotra, the changes can nearly be termed transformations. Certainly the changes did not occur overnight. But surely and not so slowly over the course of these past ten years since Agnihotra was first introduced on a larger scale in USA, the persons who have stuck to it have changed. It may feel and appear subtle at times. Also, because of the deterioration of the planet around us, sometimes our own progress or our view of it becomes clouded. But the evidence seems well-founded. It hasn't been completely proven by accepted principles of experimental science yet, but that's coming too.

Believe what you experience and don't be afraid to try something you haven't yet experienced. Good times are coming.

[US Satsang, Vol. XI, No. 10,Oct. 6, 1983]

* * * * *

Mother Nature In The Hospital

Karen Jeffreys
Columbia, Maryland

This August a Washington Post columnist wrote about Mother Nature being in the hospital because she is dying.

He hurries to the hospital and finds lots of people sitting around crying and wringing their hands. Wanting to take some action on Mother Nature's behalf, he seeks out the hospital doctors who are holding a conference on how to save her. The doctors are very unsure about what to do and suggestion after suggestion ends in disagreement.

One doctor feels Mother Nature's breathing difficulties could be alleviated by introducing fresh air, but in order to have fresh air, power plants would have to be turned off and then she would freeze. Perhaps it would be better to keep all cars away from the hospital? Yet, how would the doctors then get back and forth between their homes and the hospital?

The drinking water has hurt Mother Nature, claims another doctor. Immediate steps must be taken not to pollute hospital water. "Wait", says the director of the hospital, "if factories are to be closed down because they pollute the streams, where will financial support for the hospital come from? May be it would be better to give up detergents, except how can you have a clean hospital without detergents?"

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At this point the doctors become aware of the columnist and ask him to leave because the conference is for professionals only. He walks down the hall and notices a closed door with the name *Mother Nature* on it. No one is watching as he opens the door and sees her lying in a bed propped up on pillows. She looks old, tired and haggard as she gasps for air and whispers that she is dying. The quacks don't know what they are doing. They take my temperature and give me symptomatic pain relief." The columnist begs Mother Nature to hold on. "Mother, if you did die, we all die." She starts to cough and then tells him what really hurts her. "I now have a worthless will. I didn't have much, but every person was entitled to clear skies, green fields, clean water, pure air and brilliant sunrises and sunsets".

Just then a nurse appeared and announced it was time to take Mother Nature's temperature.

Please help her. Gratefully celebrate sunrises and sunsets by performance of Agnihotra, smallest form of Yajnya. Busy persons need only set aside a few minutes twice a day to help clear thought and atmospheric pollution. Organic materials are burned in a copper pyramid, rice and ghee are added to the fire exactly at sunrise and sunset as a short mantra is uttered. It is so easy. Agnihotra nourishes plants and makes them happy. They give the feedback effect of love to the atmosphere and all creation benefits.

[US Satsang, Vol. XI No. 11, Oct. 20, 1983]

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St. Thomas Agnihotra Homa Healing Center

Jamal Wilson

I arrived at St. Thomas, Virgin Islands airport on Saturday, September 10, Renon Donorstorg, my host and director of St. Thomas Homa Healing Center along with Kim Joseph and Clifton Deval welcomed me. The center was incorporated in July, 1982, under the Heal the Atmosphere Incorporation charter. The public center held its grand opening on Sunday, September, 11. The purpose in my being invited was to give a presentation on the healing qualities of Agnihotra and other Yajnyas (HOMA)

Clifton Deval is school teacher but is better known throughout the islands as a poet. He has been practicing Agnihotra for sometime. He informed me that he had travelled many places but that no place was like "The Rock"—the local inhabitants' affectionate name for St. Thomas.

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People from all over the world live there. Tourist ships unload hundreds of tourists daily to bask in this tropical paradise.

When I arrived at Lot 10, 4th Street, Thomas Estate, much activity was going on. Behind the scenes preparations for over one hundred people were being made. Renan and I spent most of the evening sorting through the materials to be handed out to our guests the next day. Among the materials kept for review were Agnihotra pamphlets, "Light Towards Divine Path," Homa Therapy Farming Bulletins 1-8 from Agnihotra University, "Yoga and Meditation for Children," "Grace Alone", "Five Magic Words", issues of many volumes of SATSANG, and transcripts of notes on how to operate the Fivefold Path Mind Training Program.

Sunday began with sunrise Agnihotra and plans for the day. We decided to use the front porch with chairs we borrowed from charlotte Amalie High School where Renan is supervisor of Evening Education Classes. We set the patio up with tables for serving food and an area to perform evening Agnihotra. We opened up the living room windows and the sliding glass door so that persons assembled outside would be able to hear the lecture presented in the living room.

Vicki and Ishmee prepared all of the food and brought books on how to prepare vegetarian meals. The different vegetarian dishes were neatly labeled so that anyone could know what he was eating. There was no smoking non alcoholic beverages.

About thirty people signed a book to receive 'SATSANG' to learn more about how Agnihotra is spreading in different communities. Several others asked me when they could get the necessary materials to begin Agnihotra. A few bought Agnihotra pyramids immediately.

Sunset Agnihotra was wonderful with so many of the people experiencing Agnihotra for the first time. Several prominent persons from the business community were present. The races were mixed and the ages ran from infant to grand mother. The last guests did not leave until 11.30 p.m.

Monday morning at 8-30 a.m. the first of what would be a daily, steady stream of visitors to the center to learn Homa arrived. Questions were asked and answered. But mostly Homa was performed.

We performed Homa regularly at the fixed timings of 10 a.m., 12 noon, 3 p.m., 6 p.m. and 9 p.m. Of course this all revolved around sunrise and sunset Agnihotra, the basic Homa. At least four hours of Om Tryambakam

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Healing Homa was performed each day. Many people continued coming to learn of this calming Homa fire. Word spread fast. Those people who were searching for happiness got the message that something special had arrived at "The Rock".

One day we went to collect banyan wood for Homa. This wood has special beneficial properties when burned in Homa. We only picked up branches from the ground. More banyan trees should be planted it was suggested.

We performed Homa on two farms. We gave instructions in Homa farming techniques as farmers were concerned about lack of water for crops and trees. Later in the week we met at the center in the evening for Homa Therapy farming techniques discussions. Five agriculturists asked questions about the methods and advantages of this method of farming. We shared detailed information and distributed appropriate written bulletins and farming experiments reported in SATSANG. Imani, highly regarded as a farmer among islanders, already has got firsthand experience with Homa.

We were interviewed on the very popular "Miss J" radio show. It was a talk show with call in questioning. This lasted for half an hour. Renan, Eddie and I went to the studio. Miss J was very excited about the St. Thomas Homa Healing Center that had just opened the previous week. The show went along very smoothly.

Eddie, a newcomer to daily Agnihotra and owner of a car dealership answered the question "How does the performance of Agnihotra make you feel?".

He said "It's like this. If you come into the room with the tension of a loaded on, you leave all of that tenseness right there in that room."

While the radio show was in progress Mrs. Leonora Bryant, Director of Tourism called in to say that the program was excellent. Miss 'J' informed the lisening audience that the center was holding a Free Food Fair the following Sunday offering teaching in Homa fire meditation techniques, vegetarian diet, music etc. at Mr. Baker's showroom.

One night Lisa had a dream that she opened a large house for "Street Kids". In the center of the front hallway just inside of the front door she saw an altar with Agnihotra pyramid sitting as the welcoming committee to all visitors entering the building. She invited us to come back

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and dedicate her Street Kids Unlimited Center when it opened.

A reporter and two photographers from **The St. Thomas Daily News** came to the center to get an interview about the activities. They ended up staying for two and a half hours in the peaceful Homa healing atmosphere.

Just as I was planning to leave "The Rock" we started getting feedback that many more people were trying to get to the center and that there was such a great need for this knowledge on the islands. So we got another businessman Mr. Baker who already was performing Agnihotra to let us use his establishment to host a public affair we called a "Food Fair" offering spiritual and physical food free.

Everyone who already performed Agnihotra was invited to bring his own Agnihotra pyramid for performing Homa. Anouncements were done on radio and in newspapers. We handed out flyers about the event whenever we were in the public.

In short time people were sitting down chanting Om Tryambakam and adding ghee to Homa fire. Fifteen minutes before sunset Agnihotra we had everyone entered with the Agnihotra pyramids on this large stage where we could get a collective picture of this historic occasion.

Afterwards steel band music were majestically placed as was some flute music. Folks gathered around after eating not wanting to leave the premises.

I met many individuals who are giving heart and energies towards maintaining the St. Thomas Homa Center. Raymond, Kim, Renee, Eddie, Clifton, Anita, Roasa, Rosalie, Rashul, Cleve, Vicki, Wayne, Tom, Pattie, Linda, Lisa, Jabrina and the rest whose names I do not know.

The most peculiar thing of all to me was how easily everyone took to using the Agnihotra ash as practiced in Germany. The children used it on their cuts and bruises. One adult had a container of penicillin. I noticed it. She showed me sores under an arm where she had held an infected child. Agnihotra ash was applied liberally. Two days later after a few more applications of the Agnihotra ash, the sores had dried up. However further under the arm where no Agnihotra ash had been applied some red areas still remained.

Another lady had an unusual boil on an inside finger. It was very painful and hard. She tried picking it but there was nothing to drain out and

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pain increased. She used the Agnihotra ash several times and in a few days it was alright. All this they learned from the folk medicine literature from Germany.

A man had serious sores all over both of his feet and ankles. He did not know what they came from. He began using Agnihotra ash on them.

Anita was daily eating much Agnihotra ash. She said it gave her a natural high. She mixed Agnihotra ash and honey and took it to the beach to share with the children.

The longer I remained, the more new people came by to get their own Agnihotra pyramids to start Agnihotra.

It is quite a blessing to see how readily people took to Agnihotra atmospheric healing in St. Thomas.

[US. Satsang, Vol. XI, No. 14, Dec. 1, 1983]

* * * * *

Agnihotra for a Peaceful Planet

Laura Parulis
San Francisco

Now it is time of those who have struggled long to unite in practice and give strength to our visions for a peaceful planet. My husband John and I have been doing Agnihotra, the revived Vedic fire ceremony, every day exactly at sunrise and sunset. At these times, the rays of the sun are most powerful at the angle they hit the planet. Wise medicine men of all cultures tell us to say prayers at sunrise and sunset.

Now scientists will be able to explain in their terms the reasons behind results that we are seeing. *Two of our plants virtually came to life and lost all signs of fungus when we did Agnihotra in the same room. I have used the ash on myself when I had the flu. The nausea stopped within half an hour. I learned about Agnihotra ash medicines in a report from Germany.* The fact that Agnihotra is done in a pyramid is interesting. It is made to specific dimensions out of copper. A little story that Vasant told us was that in one practitioner's findings it was noticed that dogs would sit just opposite the flat sides of the pyramid, while cats would consistently sit directly at the corners.

Some say that the pyramid shape assists in stimulating the electrons of our atmosphere in such a way that it has an effect within the eight-mile level of our biosphere. Vedas state that it is filled with nutritious materials

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which can benefit our planet, the eroded soil, the oversprayed and overworked land, and help reinstate flora which is declining due to pollution. Agnihotra provides a means of piercing the eight-mile level and allowing the nutritional materials to enter our atmosphere. I imagine it creates a means of circulation not unlike the dense cold air which settles under expansive hot air and creates wind on the surface of the planet.

[US Satsang, Vol. XI, No.10, October 20, 1983]

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From Vasant's Correspondence

Be patient with your husband. It is rare when people come together with total devotion. Often it is either the wife or the husband but rarely are both devoted to the same extent. The less you prod your husband into meditating the more he will do it. Just you do it. It does not matter about your husband. He will come around. At least he does not abuse you for practicing the disciplines. He may not practice but still he does not stop you and he respects the disciplines. He is happy when you do them. He cares a great deal for you. So be grateful.

Make a schedule after talking with your husband. Main thing is he should not feel you are scheduling him. You just see what he needs to do and arrange your work to suit that. He will appreciate being consulted on the schedule rather than you deciding for him what do do.

You cannot control whether your husband brings pot or not. At least one thing. You and your child should not be in that atmosphere. If he insists on it then only thing is for you and your child to steer clear of it. This pulls you down. Your husband pulling himself down but do not let him pull you down. At least you can stop that much. You cannot make him do anything or not do anything but you can control your own reaction. You have a lot of work to do and you know this. Otherwise you ask your husband to leave. He will say "I have nowhere to go" so we will see what is best decision to take.

At this point at least for some time more try to remain from any angry feelings you have in your mind towards your husband. You have to be strong otherwise you will just fall apart like everyone else. You have the strength. I will talk with your husband. Still it is his free will which determines his success or failure.

* * *

You do not have to make any rash decisions. Only if he decides to continue in this manner then you will have to make decisions regarding

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your own life and not his. However, your child should not grow up in this atmosphere.

* * *

Continue all disciplines as usual. Best thing is to remain firm. Do not discuss his pot smoking. Final. We will see where he stands and what he is willing to do about it a little later.

* * *

Your husband is following nothing or very little which is told to him. This pot incident is just a sign of deeper disturbance. He should make a decision once and for all now. It is not conducive to family atmosphere.

Even though you yourself do not do something do not be so quick to judge another who does. This is the case with your husband. You may have pulled out of that thing but still this does not give you the right to judge or blame, point the finger at him as you do. It is humiliating for him. Better that you understand him and assist him. He is not a happy man. This I can tell you. He has his own troubles which he rarely airs to you or any other person. He is a quiet man. Also he is very good at heart. So let us pull him

Do not be so quick to run away. You will be faced again with similar marital karma. Why not work it out in this situation? If still he is not willing to submit to certain disciplines and abstain from all forms of intoxication, not just pot but alcohol as well, that becomes another matter. But for now, let us assume in his behalf that he does wish to rise above this addiction. Then let us be of service to him. He will have to keep a diary of sorts of his experiences during this time.

[US Satsang, Vol. XI, No. 10, Oct. 6, 1983]

* * *

Remember, try and curb your anger. With you that is the main thing, main obstacle to overcome. It is going to take time, I know. You cannot do it overnight but make steady conscious efforts everyday.

Keep strictly to diet. Do not go off it and you will lose weight more. When I tell you that all life is misery, I do not mean you cannot have joy and happiness. That is the whole point. There is misery everywhere now so to go on thinking there is nothing wrong in the world is blind. Everyone is suffering as a result of progress and still many do not even know it. Better to be aware than to pretend it is not there. Let us do certain things to become happy even in the face of disturbance around us. Then we can have a positive effect on others as well as our own environment.

A family has very little money yet their house is full of love. That atmosphere is so charged through *Yajnya* and Agnihotra. Also *Tapa* is

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important. The words we speak should reflect an inner peace, not anger or fear or resentment. Just love.

You are coming to a point where so much can come to you so quickly. I keep telling you do not miss this opportunity given to you by grace. I know what this means. This is last chance. This means you will remain highly blessed, but you must take hold and become disciplined. So you do that and everything will come.

Think positively. Do not allow outer disturbances and situations to bring you down. No need to dwell on past. Always the past seems to have been easier, more beautiful, simpler; but actually you have progressed so far since then that now it is easier for you. The times are much more aifficult, more intense and you are much more aware of these things now.

People come and go You cannot change this. Don't you think how it pained me to see them go! But each one has free will. We cannot dwell on what is lost or we will miss all that is to be gained in way of experience, that is higher learning.

Time has come when just a little effort on your part will yield great reward. So little is asked for so much in return.

Each person has to do a certain thing. If he does it, it is to his benefit. Your everyday can be filled with Joy. Where is the necessity for inflicting pain on yourself? Anger is inflicting pain. It is unjust to yourself as well as to others. Some days may be better than others, but that anger need never be there.

You cannot take things lightly now. That is why I have to be firm with you. Otherwise you will start taking things too lightly. Be firm with yourself. Meditation timings should take priority over all else. I have been firm with each person. If I had been easy on.....he would never be as strong as he is now. Same with.....and.....As strong as their devotion is now, their ego was then. So it is like that. You are very near to me so it is my responsibility to pull you up. Otherwise I am not fulfilling my duty.

[US. Satsang, Vol XI, No. 11, Oct. 20, 1983]

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THE SUN HAS RISEN ON A NEW ERA

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Bharatiya Satsang

गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
P.K. Saha
19/4/86

February 1984 New Era 41 Vol. IV, No. 9

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang
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February 1984 New Era 41 Vol. IV. No. 9

Quotes From Satsang

"*Fire is the commandment of the hour.* A time comes when old values, old traditions, institutions collapse on their own because people feel so miserable. Already people start feeling bad about it and so it does not work. Things will become worse and also clear. When this happens the time is for new traditions, new orders. No one needs to destroy the old. It collapses by itself, brings about its own destruction. *The new justice, however, lives off itself and needs no promoter to sell it. It works and strengthens itself out of its new powers.*"

"Time is changing quickly now. *If we live moderately and with faith, if we do our duty and perform Yajnya properly, the change will pass us by.* We will change subtly and the change will be powerless.

"The great change will come like a wave. Not every area reaps at the same time. Not every race is reached at the same time. Justice is the law of the hour and Grace is the love of the Lord."

"*The time is now. Let us make all efforts to keep ourselves ready so that the change takes place. On a higher level, this change is already a reality.* At a lower level, it has still to take shape. *The whole is a process...according to the level at which they should work so that they are ready at the exact time. The plan was prepared a long time ago.* Now all is ready."

"*Nourish the earth with energizing power of Yajnya. Grow abundant food without chemicals by Yajnya farming. You heal the atmosphere through Yajnya and the atmosphere heals you.*"

"*Yajnya is the commandment of the hour.* Through Fire, network of ignorance stops. So the imperfection of darkness disappears..."

"The words of all true Scriptures will be fulfilled, letter by letter, sentence by sentence."

"All who believe will sing a great song of jubilation. The ones who live in sin, however, will be choked with grief and it will be terrible. The

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Law is called Grace or Justice, according to how man has used his free will, how he has directed his energies."

"*Agnihotra is given as means to resuscitate a destructed community. The new age is set with Fire as mediator. Shree has set in again the Fire as the basic action ordained for man. Now anyone with goodwill can use this process for his welfare and for the welfare of his surroundings.*"

"Generally, Fire can teach anyone who has served it long enough. *Fire* is the meeting point of both spheres – matter and spirit, gross and subtle. Here the energy from different spheres can be interchanged. Here evolution can be effected."

"Most things about development through *Fire* take place on a subtle, spiritual level and are, therefore, more important. The material effects of *Fire* are comparatively small but a good introduction for materialistic mankind. The *Lord* is great and wonderful are His ways. Aum."

"The *Fire* gives you the power to practice your will, to live up to your disciplines. Let us be grateful for all the helps.

"When a Homa Fire burns, you can concentrate better while looking at the flame than with your eyes closed. This is because by looking at the flame you are more directly connected with it and thereby able to partake of its spiritualizing quality. Through an attitude of humility and devotion this effect is intensified."

"The tractive force for meeting of the New Time must come from inside. First the necessary spirit has to be created. This is done by purity, disciplines and through *Fire*."

"Thus all levels are purified and the flow of energy and attraction of *Grace* is strengthened. Afterwards, the outward form for it can be built up as meetings, common evenings, weekends, Yajnya days, etc. Specially suited for this are the days of Moon change, as the atmosphere is in a special energy state. This gives us a little more insight into the spiritual laws."

"The circumstances now become rapidly worse and we need a strong antipower also on material level. Look for enough supply and become an efficient team. We need each one with greatest possible efficiency. There is no longer time to play games. It is the great change. Do more Homa. This is very important. In Fire lies the power for harmonious transformation. Fire is a must. Fire is the commandment of the hour.

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Remain in Shree and use Homa; blessings upon blessings will flow to you.

"Shree has given message to the atmosphere. From knowing, talking, explaining we have to go into silence and realizing. You go into the innermost and Shree radiates out of you."

"Let us go from talking to living the truth. Now is the time. Live the Love. Realize the I Am. Aum.

"Higher knowledge needs no words. It is there and is lived. Blessed are they that do the right thing."

"The special instrument of man is his will. Through that he can rise higher or fall down. This is the great privilege for the human species."

"Your body is the temple of God. Be conscious of that and keep your body pure. He is always with you."

"Love is blind. It gives without looking at the person or the situation. Blessed are those who will for they will reach their goal. Keep the body clean and the food healthy because I live in it. ..

"The worldly level runs automatically right. Care only about the spirit. It is the deciding element. The rest is only the consequence."

"First, get used to *Our* unity. It flows around you like a loving sea and is present everywhere. It is almighty and no words can describe it."

"Agnihotra must be introduced into hospitals and psychiatry clinics."

"Agnihotra is effective in curing drug addicts. Experiments can be made."
"*Forces of destruction are without power when matched with the power of love. Love has its roots in divine union with the Almighty. This is precisely the point scientists will reach through avenues of experimentation with Agnihotra what all religions have told for centuries. Religious rites and rituals are all that remain. Ancient texts will tell you the origin. Today religions are used to propagate certain political beliefs; they are used as a tool for social prosperity, and much of the basic teachings o Muhammed, Jesus, Buddha have been lost amidst the ever changing, popularized, industrialized society.*"

"*We do not claim Agnihotra to be of any religious origin. It is purely scientific, taken from the Vedas. It is a tool which allows us to become more*

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understanding of the problems of others, the problems we are faced with in the world, the negativity, the air pollution. This itself enables us to become more full of love; hence science paves the way to the Kingdom of Heaven which lies in each of us. This is the answer to be given to all the universe.

"Let the planet vibrate the message of love. Let Agnihotra be taken to all people, all across the globe."

"Science tells us certain theories. We must break down each theory and put it into daily practice. If vibration has effect on atmosphere, then let us use theory every day. What is the use of merely theorizing and not practicing, philosophizing yet not putting what we speak to good use. The power lies in practice. Until this is done progress is only a matter of thought. Transmit thought and good intention into action – that is the solution."

"Bioenergy is a very advanced field, studies made through bioenergy science yield much data useful for teaching Agnihotra."

"Introduce Agnihotra everywhere –to prisons, hospitals, schools, universities, counseling centers. The message of love must go now."

"Unless you become like an innocent child, the gates to the Kingdom of Heaven cannot be opened to you. When you acquire the innocence and loving of a small child, then it is possible. We may want to do good, but good intentions will not suffice. As you know, I may want to do some good action for you, but instead I act in an opposite manner. Whatever your thoughts, unless they are transmitted into good actions, what can come of them?"

"Still by training the mind to at least have good thoughts, the evil is reduced. Agnihotra creates an atmosphere of love and tranquility, which is hard to achieve through other physical means."

"We have to try to be full of love though our minds take us in the opposite direction. This is where we have to exert some control over the mind in regard to sense gratification."

"People are driven by desire for food, sex, liquor, drugs, material wealth, etc. Without control over the mind, the intellect cannot be sharpened and the true nature of the human being as a potential instrument for the Almighty is set aside for temporary happiness."

"With terrific force things are taking shape. People have no choice. They have to take to Homa Therapy on a mass scale. They must seek us out

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for information about how to exist. By Grace, the worthy will be given.

"Fire temples will soon be regarded as places of refuge.

"Later on, destruction is increased. Whole cities will be destroyed.

"People do not even realize now, with diseases just appearing out of nowhere and having no apparent cause or cures, high crime rates in rural areas, everywhere anger and rage are becoming everyday occurrences.

"People know something is disturbing them, but they don't know what that is.

"We must prepare ourselves and others for the imminent destruction which will take place on our planet. Initial preparation is Yajnya.

"Healing the Earth is going to take time. It cannot be done overnight. Destruction has taken ages. Now healing has begun. Let us heal ourselves and the poisoned atmosphere. Let us not delay. Let us band together in small groups and form healing centers, healing cooperative places where people can receive the benefits of Agnihotra, meditation, natural herbal healing techniques and, above, all, *love.*"

[US. Satsang, Vol. XI, No. 15, Dec. 15, 1983.]

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Yajnya And The Gypsy Moth

Arlene Davis
Baltimore, MD U.S.A.

Preliminary trials testing the effect of Agnihotra and Yajnya on the control of gypsy moth infestation have been encouraging. Under partially controlled conditions in Maryland's Cecil County, *trees exposed to a combination of Agnihotra, Homa and chemical spraying had no gypsy moths the following season, while those which were only sprayd still had gypsy moths the following season.*

These results lend additional support to the experiments done in the vineyards of India, where it was shown that downy mildew disease was considerably less in the experimental group of grapes exposed to Homa and chemical spraying than in the control group which had no Homa. In that trial, a third group exposed only to Homa without spraying had *no* disease at all. (Please see Satsang Vol. 9, No. 17.)

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On July 10. 1981 representatives of Agnihotra University (Washington, D.C.) traveled to the heavily infested areas of Cecil County to talk to two landowners who were having problems with gypsy moth defoliation. Ultimately, it was decided to do an experiment to test the hypothesis that Yajnya, the science of purification with copper pyramid fire, dissipates insect populations without harming troubled crops.

The gypsy moth has become a formidable insect pest, defoliating large areas of forests. It has spread westward from the East Coast. In March, 1983, the U.S. Department of Agriculture estimated at least eight million acres of trees in the Northest and Midwest had been infested. Chemical spraying to control the outbreaks has not prevented the problem from spreading. Such spraying, furthermore, entails many potentially dangerous side effects to the soil.

The property of Larry Simmons in Elkton, Maryland was chosen as the site for the experiment. We learned, through an article in the *Baltimore Sun*, that the gypsy moth problem on his property had become so bad that his family had been unable to conduct normal summertime activities in their yard. Overnight, one could find most of the leaves on their big oak tree had been destroyed.

On July 23, 1981, representatives of Agnihotra University met with Paul Bystrak, head of Gypsy Moth Control, Maryland Department of Agriculture. There was a discussion of gypsy moth habits and an explanation of how the experiment would be conducted using pyramid fire. The method we were suggesting involved no cost and no chemicals. All personnel required would be volunteers. We told the Department that if they felt that nothing really stopped the spread of gypsy moths, our method should be given a fair trial (although to them it might appear a little unorthodox). After two meetings, they decided to let us try and agreed to observe the results and document them.

Volunteers who participated in the experiment were Ann and Patty Norton, Darlene and John Haggerty, Jamal Wilson, Noni Ford, Frank Nelson, Jerry Hodges, Mike Billian, Roger Subotnik, Stan Tucker, Karen Simmons, Mike Davis, Pat Mullen and myself.

On March 5, 1982, representatives from both the Maryland Department of Agriculture and Agnihotra University were present at the site of the proposed pyrpmid fire experiment. Two entomologists from the Department, Bob Tatman and Kevin Boyd, conducted a survey of the area. They were surprised to note such a high gypsy moth population on

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the property of Mr. and Mrs. Simmons. One remarked that, by the Department's specifications, the area should be on the spraying schedule immediately.

Earlier, Paul Bystrak said the heavily infested areas of Cecil Country would be chemically sprayed but that there were no plans to spray the area where the experiment would take place.

The survey was done by using a piece of rope marked off for the radius of 1/40th of an acre. One tree is used as a pivot point and the rope is walked in circle are counted for their number of egg masses. This count gives the number of egg masses per 1/40th of an acre, which is then multiplied by 40 to give the total egg masses per acre. An example would be if you have three trees within the circle radius of 1/40th of an acre and one has 12 eggs masses, one 10 egg masses and another 7 egg masses, this total of 29 is multiplied by 40 to give 1,160 egg masses per acre.

The egg mass count on the Simmons's property came to about 40,000 egg masses per acre. According to Bob Tatman, this was about the highest count.

On March 23, 1982, exactly at sunset, the experiment began. Agnihotra was to be performed at sunrise/sunset times and four hours of Homa was practiced each day in a copper pyramid. On full moon days, the copper pyramid ceremony is done around the clock for 24 hours. This was done for three months.

On the first day of the experiment, Vasant, Ann Norton and Jamal chose the spot where a therapy hut could be set up to practice the various biorhythmic fires. By using a simple compass, the magnetic North was decided – and the first copper pyramid HOMA fire was started, with one side of the pyramid facing exactly magnetic North. When you are dealing with pest problems, somehow it seems better if the operator faces North. Normally, it is the East one faces – if any direction is to be chosen. This is due to the special energies that are manipulated bearing on direction and the biorhythm one is operating upon.

"If a Yajnya is going on all the 24 hours in proximity to a garden that in itself is an effective aid to insect control. The atmosphere becomes saturated with ghee and the plants are able to manufacture a protective coating due to a special chemical combination in their chemical makeup interacting with the ghee absorbed by the plants in breathing. The Yajnya atmosphere also creates something intangible that permits this

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situation to occur which is based on the vibrational content of atmosphere due to the Mantras going on all the time.

"When Agnihotra is performed there is some sort of turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulence leads to a quick upheaval of nutrient structure in the area causing recombination of certain elements and increasing the quality and potency of nutrients in the area.

"The smoke from the Agnihotra fire travels directly East in a counterclockwise spiral. That is peculiar to this Yajnya only. Other Yajnyas may be different. Still the effect shoots straight up a distance of approximately eight miles. Smoke goes in other directions from the fire also, but it is most frequent and spirals to the East. This is where most of the concentrations is.

"The energies spiral in a counterclockwise fashion when coming from the Agnihotra pyramid because a tremendous amount of impact and acceleration of those energies is generated that way. Also, as the energies move in an upward direction, they are simultaneously moving outward from the copper pyramid in all directions, thereby spreading the effects of Agnihotra to a wider area. There is, though, a concentration of those energies thrust to the North. The word 'thrust' is important here".

(Homa Therapy Farming Bulletins 6, 7, published by Agnihotra University, Washington, D.C.)

As the experiment progressed, Mr. Simmons said he noted less gypsy moth activity around his house than around the area he works, which is a 15 minute drive from his home.

Chemical spraying of the Simons's property was decided upon by the Department of Agriculture when they found out how high the egg mass count was. A count of 250 egg masses per acre indicated the probability of complete defoliation of the area. This is the criterion the Department goes by to make its decision on whether or not an area needs to be chemically sprayed We had hoped the Department would not spray the experimental area but they said it had to be done because the egg mass count was so high. This area and others were sprayed in May. This made the experiment inconclusive. However, we would like to thank the entomologists of the Maryland Department of Agriculture for the cooperation they gave for this experiment.

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A year has passed and the Simmonses have had complete use of their yard and no noticeable signs of gypsy moth activity. Sue Simmons said that she had seen some gypsy moth activity on the perimeter of their property, in neighboring fields, but nothing in their yard. Mr. Simmons said he thanks it's a miracle.

On October 9, 1983, several people who participated in the experiment met for a reunion at the Simmons's. It was noted that there were no active signs of the gypsy moths.

[US Satsang, Vol. XI, No. 12, Nov. 3, 1983]

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The Trouble with Growing Up: Having It Both Ways

Barry Rathner
U.S.A.

Very early on in our journey along the Fivefold Path we were told that it was possible to have our cake and eat it too. Many of us, no doubt, were as intrigued by the statement as by the possibilities it engendered. "Have our cake and eat it too!" "Be high and functional!" "Be full of love under all circumstances (and not feel deprived)!"

It has been said that, when we give up our egos (not something that is done overnight certainly), we haven't really given up anything. Then why does it feel that way sometimes? Why do we work ourselves into either a minor disturbance or even a minor frenzy sometimes when things don't go our way? Why is it that, despite our best intentions, there just isn't enough time to meet all of our responsibilities – even the important ones – and still spend enough time with the kids (or with our parents or with the Baltimore Orioles)? Why is there a dance of desires almost always trying its best to take us away from the potential satisfaction and happiness of the present moment into the obscure regions of long gone past or yet to come future? In short, why don't we get with it and get happy despite_____ or_____ (fill in your own blanks)?

The "why" of the matter isn't nearly as important as the solution to this dilemma. Call it surrender, call it devotion, call it thinking or loving others before yourself (at least sometimes), call it anything you want. The effort required to reach this goal is the same.

We are put into situations (not entirely unwished for by the way) which give us the opportunity to grow up, to move on, to take even a small step for humankind, for our own liberation. We don't need to be long on the "right stuff" to take even small steps for humankind. A step is

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a step, be it on the moon, on the yellow brick road on Pennsylvania Avenue or in your bathroom. It's probably not so different for our growth steps. We can take them anytime if we just stay aware and as centered and as loving as possible.

That doesn't imply, in the least, "perfection". The word itself is probably as relevent and understandable to us as are visions of the Himalayas to residents of the Eastern Shore. That doesn't matter. The medium is the message. A step is a step. If it gets us even a tiny bit closer to our goal, it feels good. If it doesn't it feels like_____ (fill in your own blank again – after all, when we make our own beds we must sleep in them).

The solution? Push yourself? If you've been pushed by others in the past (parents, teachers, spouse, etc.), then you have some idea of what it is like. But the kind of push we're speaking of now is more difficult. Sonner or later we must learn to push ourselves. Despite even the highest level of guidance, we maintain free will, old tendencies, new desires. That is why great vigilance and self-discipline are required.

The third, fourth and fifth aspects of the Fivefold Path are very "self" oriented. Tapa is self-discipline. Karma is doing good deeds without attachment. Swadhyaya is self-study. And after all.

> Tapa, Swadhyaya, Ishwar Pranidhanani
> Kriya Yogah – Patanjali Yoga Aphorism 2-1

Purport : Tapa (self-discipline, austerities, purification), study of self and surrender to His will are modes of Kriya Yoga, spiritual practice.

We can sit at the feet of the Guru or Master for a lifetime. That doesn't ensure liberation. We can levitate for a lifetime. That doesn't ensure liberation. The issue is, *What have we done for others?* In this age of narcissism, do your own thing, "freedom" to get your anger off your chest (by laying it on someone else's), the basic issue still is – like it or not – what have you done for others.

That's one important reason we do Agnihotra. *Help the trees, help your children, help your spouse, help your neighbors, your community.* Yes, doing Yoga and meditating does help the planet since you are helping yourself and you're part of it. And yet, making ourselves better instruments does make us better potential servicers of humanity. But these are severe times in which we now live. No one can deny this. So doing Yoga and meditating may not be enough.

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In more ways than twenty, we are now living in a true global war. Not even considering Iran-Iraq, Granada, the other wars we fight of devastating air pollution, water unfit to drink, toxic wastes, etc., make life miserable for increasingly great numbers of us. It is only our sometimes incredible ability to bury our heads in the sand that makes things *seem* o.k. But the illusory aspects of this "o.k." are wearing thin, too. The global self-deceptions are withering as old karmic debts come due.

Yet with the myriad manners we invent to "enjoy" ourselves-or actually use for *escape*–many of us do seem to bury our heads successfully. What about the millions of our brothers and sisters who can't do that and are *suffering* to an extent we can barely imagine? *Being spaced out is a luxury we cannot now afford!*

Since it's fun for a while, groovy and even almost chic in some circles to act or be spaced, many of us look at it as a worthy preoccupation. But it's not productive and can even be considered to be a travesty if indulged in to excess. If this implies it is a conscious decision on our part, so be it.

Agnihotra may not make you happy all the time *as you conceive of happiness*, but it will help make you aware of a better conception of it and ultimately lead to better realization of it. These are no small gifts, considering the level of collective and individual *maya* (illusion) now enveloping the planet.

You may not wake up each morning on cloud nine, in seventh heaven or even in the city you want to be in. It doesn't matter. If you're sincerely trying to serve yourself and others in a loving way, and take time (even a little) to study yourself along the way, you are doing good (and Daan, Tapa, Karma and Swadhyaya). We do Agnihotra merely to give ourselves a break, to make it easier for ourselves and others to do these four things more and more. Serving ourselves and others simultaneously, that's having it both ways.

[US Satsang, Vol. XI, No. 14, Dec. 1, 1983]

Ring Out The Old
Ring In The New (Song)

Klaus Wilhelm
Austria

Refrain: Ring out the old, ring in the new unfolding is the golden age, fresh like morning dew.

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1) A new race is born who will not be drowned in sin
For they will enter the kingdom within
Blessed are who saw the light
Fortunate who walked in light
Kingdom of heaven is near at hand
Only the pure in heart shall remain on Earth
Light of the universe has come to descent
Refrain

2) The ocean of existence is so infinite it seems
Travelling since ages and we still believe in dreams
Awakening means seeing who we really are
Blissful and eternal, brighter than the brightest star
Refrain

3) Dark was the night till the truth spread far and wide
By Almighty's Grace the ancient knowledge is revealed
Holy sound of mantra is vibrating in the air
Secret teaching of the seers are no more concealed
Refrain

4) All the spheres are filled with Love, through fire it is done
Fragrance of divinity embraces everyone
Songs of joy are, together children ringing bells
The air becomes now heavenly, of Holy Smoke it smells
Refrain

5) Shivapuri is the place where it all began
Offerings of Homa to the Yajnya flame were done
Messages of Love were given to the atmosphere
Yajnya pillar rises, tells us have no more fear
Refrain

6) Healing, purifying and desiring no more
Selfless service to the Lord will open up the door
All of life rejoices and the trees begin to dance
Let us join together, do not miss the chance
Refrain

[US Satsang, Vol. XI, No. 15, Dec. 15, 1983]

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Homa Therapy in Brazil And Argentina

Eddy Aichbauer
Austria

In September my wife Ingrid and I went to South America to teach the science of Homa Therapy. In Sao Paulo, Brazil, we got in touch with Paz Rodriguez, who immediately invited us to her home. Paz teaches Homa healing. Paz arranged a meeting the very first day we got there and introduced us to prof. Peter Moyer Pflug, who gave fitness courses together with Prof. Hans Allemann on Brazilian television for six years. They built a Yoga and fitness center many years ago and also a huge 36' x 36' pyramid where exercises are performed. Three months ago, they built a second pyramid of the same size near an office complex. We performed Agnihotra in this pyramid.

Before sunset Agnihotra, I explained what we were going to do and then we had a 15 minute meditation with twenty people. After Agnihotra, I explained in detail about the science of Homa and answered questions. Prof. Pflug then invited me to give another lecture right away. I introduced Agnihotra to another group of sixty people and performed Vyahruti Homa. As at the first meeting, people showed great interest and asked for further information.

The next day, Prof. Allemann invited us to his Yoga class. There I explained Homa Therapy and did Vyahruti Homa.

On another occasion, Prof. Pflug gave a lecture on pyramids. We had the opportunity to talk for 20 minutes and perform Agnihotra. More than 70 people were at this lecture and many asked for more information.

The day before our departure from Sao Paulo we went to one of the pyramids at night and began Om Tryambakam Homa early in the morning for four hours. People were aware of the purified atmosphere created by the Homa and some stayed as long as three hours. One doctor fell asleep instantly when he sat near the fire.

Paz took an active part in arranging my meetings, and we had a nice exchange of ideas on such topics as how to run a healing center. Her family joined in. We did Vyahruti Homa and Om Tryambakam Homa and made cassette mantra tapes for people. Prof. Pflug showed strong interest and asked for a pyramid, mantra tape and literature. He especially liked doing Om Tryambakam and wanted to perform four hours once a week in the huge pyramid.

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After five days in Sao Paulo we went to Rio de Janeiro and while looking for contacts. we met Prof. Hermogenes. his wife and others. He has published eight books about Yoga and is director of a Yoga association. I explained about Homa and met him the same evening for sunset Agnihotra. We sang Agnihotra mantras together and he got a copper pyramid and all the information he needed. We then left Brazil for Argentina.

In Argentina, we met a student who arranged a meeting for us the same night. Before Agnihotra, he picked us up and drove us to a place not far from the city. Although nobody spoke English and the translator couldn't come, we somehow could communicate and explain Agnihotra easily. We chanted the mantras and they asked for copper pyramids, which we gave them along with a mantra tape and literature.

[US Satsang, Vol. XI, No. 14, Dec. 1, 1983]

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Visit To Ancient Greece

Werner Metzger
West Germany

On August 9, 1983, my wife Erika, daughter Anita and myself began a tour of famous ancient holy places in Greece to introduce the ancient, revived knowledge of Agnihotra and the Fivefold path.

First we went to Yugoslavia where we met a scientist who has worked on Homa Therapy, studying its gross and subtle effects. He told us that his research had yielded amazing results which needed to be expanded. He thinks it is important to establish an information center at Shivapuri (Akalkot), India, site of the Fivefold Path Mission and future home of the International Homa Therapy Research Institute. In his words, "In the field of Homa Therapy we are dealing with a kind of energy which is yet unknown to the science of today but opens unexpected possibilities."

Two days later, we reached Thessaloniki in northern Greece. There, we met some old friends, including Nick Macoulis. Nick said he wanted to join us as interpreter on our tour to southern Greece.

On August 17, we reached Athens and went to the National Archaeological Museum to find out about the use of ritualistic fires by the ancient Greeks. Though we couldn't find any information on this, we had the opportunity to speak about the origin of ritualistic fires as it is mentioned at the beginning of Rigveda and to point out Agnihotra as the basic healing fire.

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With great surprise it was noted that the Greek word "pyramid" points towards Agnihotra for the word "pyr" means fire and "amid" means in the middle of. Thus the Agnihotra copper pyramid is the place in the middle of which fire is made. The Sanskrit word "Agni" also means fire. Agnihotra is thus the fire which is made in the middle of a copper pyramid.

At the end of our talk we handed over Agnihotra literature printed in Greek, including the Greek translation of the book "Light Towards Divine Path" by Vasant, a summery of the Satsang article "Agnihotra Ash, a Wonderweapon," a flyer on performing Agnihotra and Homa Therapy Farming Bulletins 1-8 (published by Agnihotra University, Washington, D.C.) That evening we performed Agnihotra near the temple of Zeus, below the Acropolis.

The next morning we drove to Sounion, about 40 miles south of Athens. Sounion is known for its temple ruins. We performed Homa there and ashes were given to the sea. Preliminary trials have shown Agnihotra ash to be a powerful purificatory agent in the treatment of water pollution.

Later, we went via Pireus to Korinth, once the most beautiful city in Greece. At the archaeological site, we visited the museum and handed out Greek Agnihotra literature. After Homa, we drove to Epidaurus—which we reached the next day.

In ancient Greece, Epidaurus was the most famous place of worship to the god of healing, Asklepios, who is shown with a stick around which a snake is woven. This symbol of healing—the caduceus—identifies physicians even today. (It is said that this may be related to the subtle energies *ida* and *pingala* which travel up the *shushumna* in human bodies according to ancient science of Yoga.) In ancient times, Epidaurus was the most famous place of healing. Masses of people who were ill came and were cured with the help of the healthy climate, medical knowledge, diet and religion. In this context, it is important to point out that real healing is not possible without the practice of Satya Dharma, i.e., the laws of Eternal Religion as expressed through Agnihotra and the Fivefold Path Training the mind to react with love under all circumstances is a major goal of the Path. Body and mind are interconnected in human incarnations. It is an essential responsibility for today's medical science to recognize this.

After an introductory talk, we presented Agnihotra literature to the people in charge at the Archaeological Museum of Epidaurus. People

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there were so interested in the possibility of healing with fire that they asked for several copies.

We drove through Peloponnes to Olympia, reaching it the same day. We visited the New Museum, and after an introductory talk we gave Agnihotra literature to the administrators. The people seemed open-minded. That evening, we met Mr. Ioannis Kirkilessis from Olympia, the first person to carry the Olympic torch into the Olympia Stadium at the 1972 Olympic Games in Munich. He has since become a physician and showed great interest in everything having to do with fire and healing.

On August 21, we drove to Delphi. In ancient Greece, Delphi was the famous oracle to which people came from many places to learn the future. We went immediately to the New Museum and met its director. We spoke of Homa Therapy and of ancient origins of fire. Two days later we visited the Kastalia Spring in Delphi. This is where visitors to the holy area had to clean themselves before entering. We sang mantras and put the healing, purifying Agnihotra ash into the spring. On August 24, we drove back to Thessaloniki.

[US. Satsang, Vol. XI, No. 12, Nov. 3, 1983]

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Homa In Turkey

Reiner Sczypior,
West Germany

Turkey is an ancient land of Yajnya. Some scholars say that the name TU–RK comes from the Sanskrit word KR-TU which means Yajnya. I had the opportunity to drive through Turkey with Vasant more than once in the last few years. This year, while Vasant was in Germany, he suggested I go to Turkey alone to spread the message of healing fires. It would be better, he added, if I started my work this year in an orange grove. I decided to go.

Agnihotra healing, Agnihotra farming and Agnihotra ash medicines were the subjects which I wanted to talk about. It is very important nowadays to try alternative farming methods and medicinal treatments to eliminate the disruption of nature through chemical poisons. So it could be helpful if more people started practicing Agnihotra.

"When Homa is done in a garden or under a tree, the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction, which

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can easily be shown to someone by a botanist who may choose to study the subject.

"Trees will yield fruit double the size and with twice the meat if Agnihotra and Yajnya are performed regularly in the orchards. An orange would be a good fruit to begin with as it will quickly, almost immediately, give results.

"Tangerine or orange trees will show good results with Homa experiments. It will be easy to see quickly with either of these species."

(From Homa Therapy Farming Bulletin 7, published by Agnihotra University.)

I didnt know anyone in southern Turkey. First, I reached the town of Canakkale, near ancient Troy (Trova). During my first trip to Turkey with Vasant, we had done special healing Yajnyas at Troy. At Canakkale, I performed Agnihotra and two hours of Yajnya to purify the air and to become a more subtle instrument to understand the way I am guided.

The next day, I took the bus to Izmir to look for an orange plantation. However, something interesting happened. Before the bus reached Izmir a woman and her son asked me if I speak English. I said I did, but that was the only English sentence they could speak. They could not speak German either. I had to talk to them by using a German-Turkish dictionary. They took me to their home, and to my surprise, they had an orange orchard and a tangerine orchard.

That evening, we performed Agnihotra in the middle of orchard together with some family members. I had the impression that they could easily follow my explanation of what I was doing and what the purpose of my visit was. After sunrise Agnihotra, which we did at the same place, I also performed one hour of Om Tryambakam Yajnya and taught them how to do it. About noontime, my host's daughter, who works in another city, came for a visit. Some neighbors also came to the farm with her. I was then asked to give an Agnihotra class again, including the mantras. After everybody was able to sing the mantras independently, we took some photographs. We all were happy.

In the evening my host's daughter's girlfriend did Agnihotra alone in the orchard. The next morning my host asked me if she could do Agnihotra on her own.

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Around noon, I left the farm to return to my wife and child in Germany. All of us will go back again to the family in southern Turkey during the next year to support the Agnihotra practice there.

[US Satsang, Vol. XI, No. 15, Dec. 15, 1983]

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Satsang News, India, Madhya Pradesh

David Powers
USA

HEALING CONFERENCE IN BHOPAL

(Note:- At the end of November, 1983 Agnihotris from Maharashtra and Madhya Pradesh assembled at Bairagarh near Bhopal to attend a three day Camp for the purpose of sharing ideas on healing through Homa Therapy. The Madhavashrama is run by the family of the late Mahanubhav Potdarsaheb, the foremost discipile of Paramasadguru Shree Gajanan Maharaj of Akkalkot. The following is the text of remarks spoken to the conference by David Powers, an American who has worked since 1977 teaching Homa Therapy in West Bengal.)

It is really a pleasure to be here for my second visit. Eventhough I have spent only a short while here at Madhavashram the impression made on my mind is deep. I think it is the simplicity and calm which immediately impressed me upon arriving, the kind of feeling found in places of great purity. This feeling is found rarely in our world today. The practical work which has taken place here and continues to be done is a great inspiration and I know that a great deal of effort has been put into each and every project. It seems that everything has been done only after it was sure it would be done in the best possible way. I am sure that this is a carryover from the way Mr. Potdar had done things.

The particular atmosphere which is found here at Madhavashram is a familiar one, an atmosphere I have experienced at various places of Yajnya and healing I have visited in different parts of the world. These are places from where the message of Fivefold Path is being spread, the message of Love. It is this particular message given by Grace which is really amazing to me and amazes me more as I see it being spread wider and wider.

As Mr. Baburaoji Parkhe said yesterday in his lecture, there seems to be so much more to this message than what meets the eye. In fact that on which we cannot put a label seems to be the essence of this message. It is beyond our understanding yet we can still experience it.

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Time and time again I teach some children or adults in a family Agnihotra and am amazed to find on my return some months later to find that if the father drank alcohol before, he drinks less now. If there was a health problem, it had disappeared. If there was a money problem it had been taken care of. Doing Agnihotra correctly sets in motion something which sets right these situations at the very heart of the problem.

No doubt nothing comes easily in this life but isn't it an incredible thing to know that problems can be alleviated ? We have all experienced it. It is not an accident but Grace which is an aspect of the Law of Karma.

We are living in a time now when things are in a terrible state. The writing is on the wall regarding changes which will take place. As there are great upheavals in our world today, there are also great opportunities for our own upliftment. The way to do this is not by sitting alone in meditation praying for enlightenment. It is by rolling up our sleeves and going to those in need of healing. Let us start with those who need it most, the poor, the depressed in society. Let us not offer them just our hands and our food but our hearts.

My work in Kharagpur (West Bengal), birthplace of Shree, has allowed me to be amongst the poorest of the poor in the Harijan community there, the bhangis. I was offered the opportunity to go there with the following quote from the Bible "That which you do unto the least of them you do unto me." In the past seven years I have experienced enough to tell you that if you want to strike gold and experience joy, share this message of Agnihotra and your Love with those people.

This message is a message of healing. Heal the planet, the atmosphere, our minds and bodies. It could also be a message to heal the society.

In the early days when we taught Fivefold Path it was suggested we begin with the children. Why them? What do they know? Yet the message spread bacause it was blessed by SHREE. The same holds true of spreading the message to the poor. It will in time heal entire segments of the society by percolating upward. After all we are all one under heaven.

Now in spreading the message we combine Yajnya with song. People get so attracted by the atmosphere of Homa and by the music. Then centers need to be established–even a single hut where Agnihotra ash medicines can be distributed, a vital service in developing country like

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India. As we have seen in Chile, out of such a center can come up a very effective healing center to serve the community. Such places to serve our fellow humans are needed now more than ever. They must be set up efficiently and correctly according to Shres's will see that something wonderful takes place without our knowing or planning.

Here at Madhavashram we are at a place started by a man who though I know little of his life sounded like a warrior. He was a man who persisted in what he believed regardless of difficulties or pressures to quit. He was a pioneer who ploughed the virgin soil filled with rocks. Anyone who starts something first always has a rough time. In this memory let us pick up the yoke and with vigor go out to the people and help them.

We all know by now that seeking any type of material security in this world is impossible. Yet by coming near Agnihotra fire and spreading its message we find a different type of security. It is based on non-attachment and Love and not based on any tangible thing. We will then be instruments in establishing a new way of life according to ancient knowledge, a life whose basis is Love thy neighbor as thyself.

* * *

From Letters to Satsang

Plants Grow Towards Love

Ingrid Howard, Canada

In June, 1983 I purchased many plants for my apartment and put them all on a long table inside, beside the potio (which receives direct sunlight).

Without fail, each sunrise and sunset I perform Agnihotra in the middle of the same room that my plants are in. I thought that the plants would tend to start facing towards the sunlight. Instead they are facing directly towards the Agnihotra copper pyramid. They are growing with only a little water and ash. With each day, they are bending more and more to the loving energy that emanates from the Agnihotra Pyramid. Also some have bloomed three times !

I am not a scientist but this is my true, direct experience regarding Agnihotra and houseplants.

Agnihotra Healiug Fire In Atlanta

Tarig Mutahhir, Atlanta, GA

I introduced Agnihotra to a group of attentive Kung Fu practitioners. After an indepth explanation of the Agnihotra proeess, I taught them

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breathing techniques, which they eagerly accepted. At the end of the class many of the students were surprised at the energy they received by breathing the purified atmosphere. Many students signed up for future Agnihotra classes.

I performed Agnihotra at Brookwood Park one day, and all of the ducks came closer to the fire. Most of them went to sleep.

Agnihotra classes are proposed to begin at the Neighborhood Arts Center here.

Classes are being announced on the radio and flyers are being distributed at the university.

Satya Dharma (Eternal Laws)
Life-Style Is Spreading

Wahidah, Baltimore, MD

A. J. and I were invited to a small birthday dinner in January. We were just sitting around talking about each other's day when I mentioned that his was the second birthday dinner that I had attended this month. I was telling everybody what a wonderful time I had at the first party and that we had performed a Yajnya. Then A. J. said, "Wahidah, tell them about Agnihotra," and I did.

I shared with them how to prepare ghee, where to get the copper pyramid, brown rice, dried cow-dung, sunrise/sunset timings and mantra sheet. All these materials are required for the healing Agnihotra fire.

I gave them literature from Germany explaining how they prepare Agnihotra ash medicines there. I also told them about *Homa* Therapy farming.

For more information about Agnihotra, please write to Agnihotra House, 3501 North Rolling Road, Baltimore, Maryland 21207; or call (301) 655-6423.

[US Satsang, Vol. XI, No. 12, Nov. 3, 1983]

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हरिद्वार
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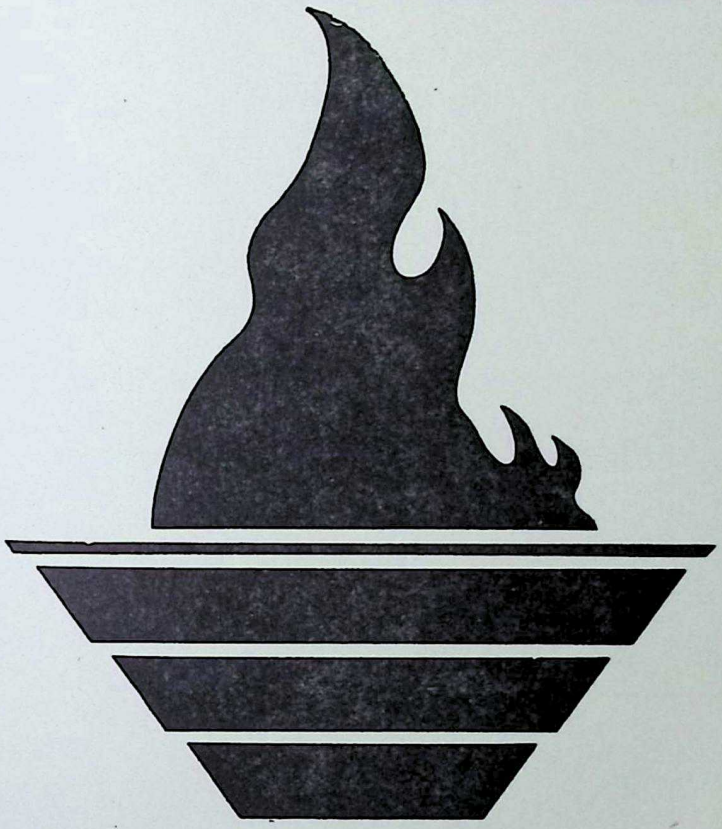
Bharatiya Satsang

March 1984 | New Era 41 | Vol. IV, No. 10



THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya
Satsang

March 1984 New Era 41 Vol. IV. No. 10

Plants and Agnihotra

When the plants feel the Agnihotra smoke, when the birds smell the Agnihotra smoke they know what is coming is Agnihotra and they get happy.

Actually the plants call out, reach out for Agnihotra. The birds lay waiting, anticipating the mantras around the place where Agnihotra is done regularly. Then it is all joy, all love, throughout all of creation, exactly at that time when Agnihotra is performed.

When Agnihotra fire is burned there is not just energy from the fire but there are subtle energies created by the rhythms and mantras and these are generated or thrust into the atmosphere by fire. Also, the qualities of the materials burned and there is full effect of this Yajnya.

Burning generates energy. Man has known this for thousands of years. Then perhaps it helps generate even more subtle energies.

Fire is the binding force to all of creation.

When Agnihotra is performed under a tree the tree begins to dance. Experiments could easily be performed with this.

If Agnihotra ash is put on the roots when a plant or tree is planted or with the seed when it is sown and then as part of its nutritional feeding the plant will thrive in any soil. Then even more if it is kept in Agnihotra atmosphere. The quality of the plant increases. One variable is LOVE. Love is such powerful energy that care has to be taken that love is there and certainly not abuse. Even so the plant will do better with Agnihotra ash if Agnihotra is performed and if so there will be love.

[US Satsang, Vol. V, No. 11]

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Reinstate Divine Law

Henry Gregory
USA

In Pennsylvania recently about thirty persons died of an infection stated to have been caused by "naturally occuring toxins". Toxins do not occur naturally. Toxins come from pollution.

The World Health Organization recently reported a new strain of a disease that does not respond to penicillin. It says infections have reached epidemic proportions.

The headline of a daily Baltimore newspaper on September 12th, 1977 read "Cancer, Floridation Linked". Baltimore a city which uses high amounts of floridation in its drinking water is high on the list of affected cities.

A recent nationally televised documentary examined the chemical additives that have changed the nature of our foods in one generation of what is called food technology. Highlighted was a chemical that is used to hasten the fattening of cattle. Despite the fact that it is a known cancer causing agent it is used commonly. The so called rationale for this oversight is that small amounts (amounts that are not mechanically detectable) of this poison are not obviously harmful.

The news foretells the emergence of conditions never before experienced on this planet. The news foretells the urgency of our situation. Disease and disaster will not allow mankind to continue unabated in its present direction. Worldwide the condition necessitates submission to Divine Law.

Mankind in its race to progress and achievement has forgotten the one motivating force behind it all. The result is disease, violence and disaster.

Across the world millions are tired of endless fighting and warfare. The question is how to stop it. The question is "How do I learn to 'Love thy neighbour as thyself?' " To achieve this the energy cycle needs to be reset. Agnihotra is the way. Practice of Agnihotra reduces tension on the mind and heals the atmosphere and thus is an aid to lessen thought pollution. Agnihotra gives the coloration of love to the mind and hence we should spread the practice of Homa Therapy of which Agnihotra is a part. It makes plants, birds, animals happy and gives man the feedback of love and helps him to follow the command of "Love thy neighbour as thyself ".

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Divine Law must be reinstated. Each of us must become a cleaner vessel for the divine light to flow through. Each of us must have the courage to manifest the values that lie in the core of our hearts.

The condition will not wait until all our neighbours have submitted first. Each must start where he is and glorify the Father in whatever walk of life he may be in.

The children need to be taught by exemple and Love should be the binding force in the family and also in the community. No other force can change our condition. That is to say that in every person we encounter an opportunity is given to manifest the Son of Man that is within you. For are we not taught that "What you do unto the least among them, you do unto me".

Am I loving my neighbour? Am I showing compassion and forgiveness? Do I care to understand that "Not my will but Thy will be done". Do I look past the ignorance in my neighbour's action and see the love in his heart?

Oh Father, Infinite Master
Thou Knowest What is in my heart
Thou Knowest my longing for Thee
But While I tarry Lord,
Bless me

With the strength to be good
The courage to be righteous
and the Wisdom to be humble.

[US Satsang Vol. V, No. 23,]

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Homa Garden

Michael Billian
Baltimore, Md. USA

Q : How do you make raised beds mentioned in Homa Therapy Farming Bulletins ?

A : You make the raised beds by double dig process.

1. Perform a soil test to determine the amount of plant nutrients and pH modifiers you will need to add to the soil. Have the necessary materials ready when it is time to dig the beds.
2. Knowing the full dimensions of your garden area, make a diagram which shows the length and width of all the beds and paths and how they will fit together. Remember that you would like to keep the beds in the same exact place every year. Some example diagrams :

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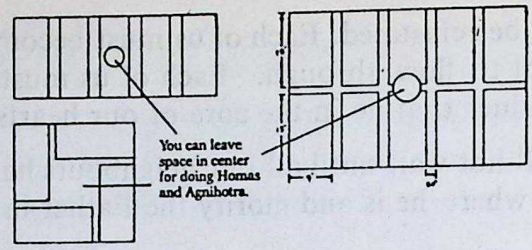

Some factors to consider when you are planning your garden are :

* Slop of the land - Beds should lie lengthwise across a slope to catch rainwater and also stem erosion.
* Path of the sun as it passes over garden - Tall plants should not shade smaller plants
* Leave a place in the exact center of the garden for performance of Agnihotra and other Homas.

The size of the bed is up to you. Recommended size is 3¼ to 4 feet in width by whatever length you find works with your area. A bed 30 feet or longer should have a cross path dividing it to facilitate the gardener's ease of movement around the beds. The paths should be wide enough for both walking around and working on the beds comfortably; 18 to 20 inches in width is recommended.

3. The next step is to make sure the garden soil is ready for digging. The soil should be evenly moist but not wet and sticky. But it should not be dry, hard and difficult to penetrate, either. The soil, prior to digging, should crumble fairly easily when a handful is squeezed and dropped. If the soil is too dry, soak it with a garden hose or wait for a good rain, then let it dry out for a few days until it reaches the right degree of moisture content.
4. Using your garden diagram, measure out the beds and pathways. At the corners of each bed a stake can be driven into the ground. Beginning with the first bed, tie a cord to one of the corner stakes. Wrap the cord successively around the other three stakes in the bed so that the cord forms a rectangular border around the bed. This will be your guideline for digging a net straight bed.
5. Using a spading fork or shovel, loosen the soil down to 12 inches within the bed you have corded off. Remove large rocks and clumps of weeds at this time. *Next spread a thin layer of Homa Ash over the bed.* Then quickly spread a 1-3 inch layer of compost or aged manure over the layer of Homa ash. This way the Homa ash will not blow away if it is a breezy day. Work the ash and compost or

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The Double Digging Process: Figures Show Cross-Section View

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Figure 1

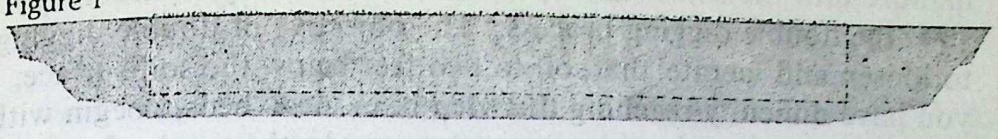


Figure 2

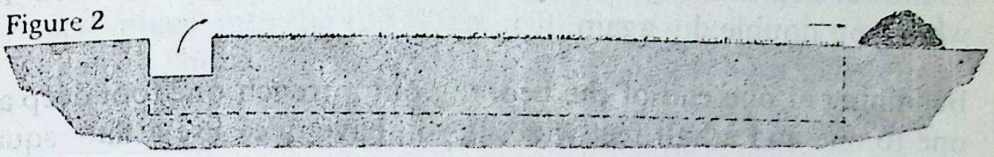


Figure 3

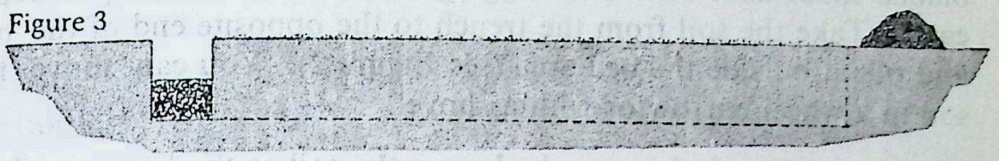


Figure 4

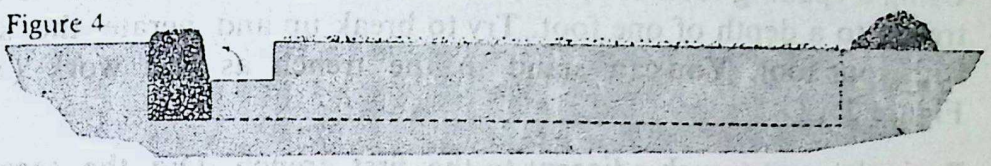


Figure 5

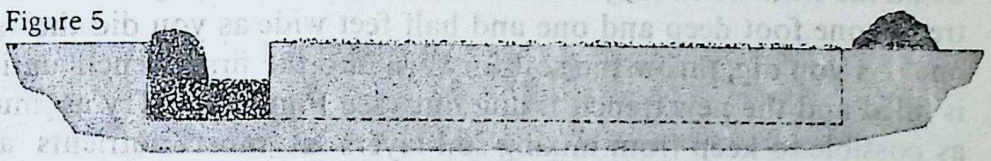


Figure 6

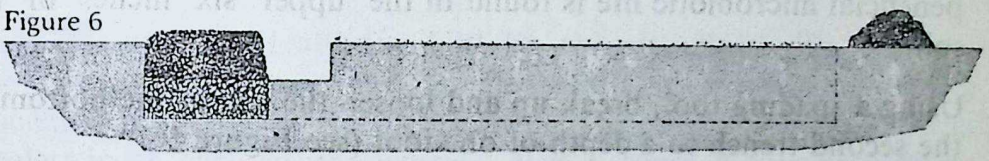


Figure 7

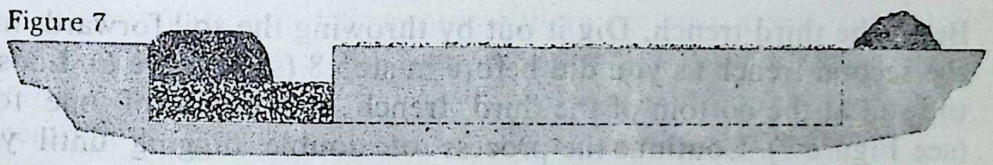


Figure 8

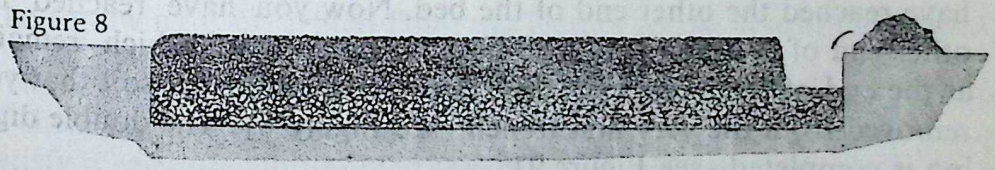
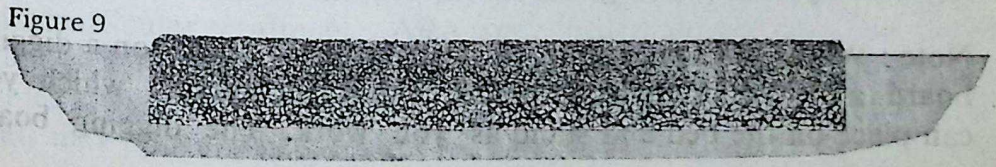


Figure 9



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manure into the soil with a spading tool. Now you are ready to start the double digging process. The objective of double digging is to loosen and aerate the soil to two feet below the soil surface. If you have difficulty reaching this depth in new beds, begin with a shallower depth and gradually work towards the goal of two feet when you double dig again.

6. Beginning at one end of the bed, dig out a trench one foot deep and one to one and a half feet wide. If you have one, use a flat square bladed spade as it will make digging a square trench of equal depth easier. Take the soil from the trench to the opposite end of the bed and pile it outside the bed area (see Figure 2). You can move the soil in a wheel barrow or with a shovel.

7. Using a spading fork or spade, loosen the soil at the bottom of the trench to a depth of one foot. Try to break up and aerate the soil with your tool. You can stand in the trench as you work (see Figure 3).

8. Begin the next trench adjacent to the first trench. Dig the second trench one foot deep and one and half feet wide as you did the first one. As you dig, throw the soil forward into the first trench until it is filled and the new trench is dug out (see Figure 4). Try as much as possible to keep from mixing soil layers as most nutrients and beneficial microbiotic life is found in the upper six inches of the soil.

9. Using a spading tool, break up and loosen the soil at the bottom of the second trench to a depth of one foot (see Figure 5).

10. Begin the third trench. Dig it out by throwing the soil forward into the second trench as you did before in step 8 (see Figure 6). Loosen the soil at the bottom of the third trench to a depth of one foot (see Figure 7). Continue the process of double digging until you have reached the other end of the bed. Now you have reached the other end of the bed. Now you have an open trench which remains at the end of the bed. Fill this last trench with the soil that you removed from the very first trench (see Figure 8). The double digging is completed (see Figure 9).

Note : While you are digging, it is advisable to stand on a digging board (a 5/8" thick plywood board, 3 to 4 feet square) which you can place on the bed and stand as you work. The digging board

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distributes your weight to avoid compacting the soil of the bed before you have dug it.

11. Now, any organic nitrogen, phosphorus, potassium and pH modifiers as indicated in your soil test can be spread evenly over the bed and mixed into the top three or four inches of soil. The surface of the bed should then be tamped lightly and shaped evenly.

[US Satsang, Vol. XI, No. 17, Jan. 19, 1984]

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Homa Therapy at World Congress of Wholistic Medicine

Klaus Wilheim
Austria

In October, I had the great opportunity to deliver a lecture on Homa Therapy at the World Congress of Wholistic Medicine in Colombo, Sri Lanka. The Congress is organized each year by "Medicina Alternativa," Sri Lanka and the World Health Organization's Department of Traditional Medicines (whose seat is in Nigeria).

Delegates from all over the world spoke on various medical systems and demonstrated them on Homa Therapy. I performed sunset Agnihotra at one of the workshops. There were many opportunities also to talk to people and exchange ideas on a personal basis.

W.H.O.'s goal is "Health for All" by the year 2000. To achieve this. they want to combine the knowledge of modern medicine with the ancient knowledge of medicine men, shamans and various kinds of healers in all parts of the world. It is estimated that only 25% of the world's population has access to modern medical treatment while 75% depend on traditional methods. So efforts are made to explore these methods, preserve them and give scientific explanation of their modus operandi.

The following is excerpted from my lecture to the World Congress.

"The attempt to learn how healers work is a great challenge since many of them have often had no modern medical training and are unable to satisfy a scientifically-minded investigator who wants to know the basis of a particular treatment. Also some healers do not care *how* they heal; they simply heal. Sometimes they may explain their abilities in terms which do not exist in modern medical terminology. At times, their rituals may appear like miracles with instant results.

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"In spite of research that has been done, it seems that traditional healing often goes beyond existing concepts of health and disease. To explain certain phenomena that may appear to be supernatural, new models have to be found as the old ones are too limited.

"At present, Wholistic Health models exist in the minds of a few people here and there. Communication among them has just begun and their knowledge has expressed itself in New Age communities. In some ashrams which combine wholisitc healing with spiritual development and in some remote areas where traditional healing is preserved, travellers and scientists are discovering the methods. As a result, shamans who had never left their villages are now encouraged to appear at public conferences to transmit their knowledge.

"Although there is still a huge gap between the medical establishment and traditional medicine, the common desire to help and serve humankind in its struggle against disease has ushered in a new consideration for receiving knowledge from ancient sources. This was unimaginable to many just a few years ago. Wholistic Health is a fascinating puzzle, and pieces are being collected which fit into a great mosaic. The more shape this model takes on, the more attractive it becomes and the more attention it receives.

"In this connection, it is interesting to note that the original concept of Wholistic Health already existed in ancient civilizations. In the course of time, some of the knowledge was lost and remaining parts of it were scattered around the world. As the world is now in great need of united efforts to bring peace, happiness and health, necessary steps are being taken to make use of all existing knowledge to promote healthy life patterns.

"When we take a closer look at the different sources through which the ancient knowledge of healing is given, we come across Vedas – and in particular, the Ayurveda (science of life). Only in recent years some gems of this science have been discovered by seekers all over the world. We may ask why it has been neglected for so long. The answer may be that it is so highly evolved that only in the light of modern science can its magnificent view of the universe shine through and be understood. I will try to give a basic idea of Wholistic Health according to Vedas.

Man is here on this planet to live in peace and everlasting happiness. To achieve this, purification of the mind and transformation into a state of total love has to take place. When this happens man realizes his immortal

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and blissful nature and all suffering ends. This is Swadhyaya, self-study. The Sanskrit word for health is Swasthya, which means to be in tune with oneself. Through meditation one can look deep into oneself and experience the state of 'I and my Father are one' and 'Peace that passeth understanding.' Pleasure that is experienced through the senses is just a tiny speck of the infinite joy that lies within. Entering this kingdom of heaven within and gaining self-realization is the only cure for all the misery we are facing. To reach this goal, a detailed path is shown which gives step-by-step instruction on how the transformation can be brought about. The Fivefold Path, of which Agnihotra is the first step, is all that is required.

"We are children of Mother Earth and Father Sun,' the ancient seers say. Without them there is no existence, no life. Mother Earth provides us with trees, fruits, grains, herbs, rivers, oceans and an atmosphere to breathe. Father Sun radiates the energy and light which constantly enables Mother Earth to present all her wonderful gifts to us.

"In this harmonious interplay of earth and sun, man also has been given a part. He has to take care not to disturb the natural cycles, to live in harmony with all forms of life, be a friend to animals and plants, and maintain an environment in which all of nature can blossom and flourish. 'Love thy neighbor as thyself' is the eternal command. All are our neighbors – trees, birds, the earthworms in the soil.

"The ancient seers declared that, to fulfill this command and to be full of love, the practice of Agnihotra (purification by fire) is the basic duty of man. It maintains purity of mind and supplies the atmosphere with nourishing and fragrant elements. When Agnihotra is performed, our subtle nerve channels are opened and purified so the life force which is pulsating through the cosmos circulates with vitality and healing power through our bodies.

"Actually ancient wisdom describes several bodies which are interconnected and sustained by this life force (Prana). It is said that our thoughts are reflected in the subtle bodies and that disturbances occur in the energy patterns when we repeatedly become victims of anger, greed and pride – considered to be diseases in ancient science. Consequently these disturbances are expressed in the overall physical body as various ailments slipping the victim into more misery.

"The wholistic approach of healing is to train the mind not to be per-

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verted by harmful emotions and to be full of love all the time. To heal and preserve health, the life force has to be activated and its flow harmonized. The self-healing mechanism is allowed to operate from within by balancing the elements of the body - earth, water, fire, air and ether-into a state of equilibrium.

"Some of the methods to achieve this are Mantras (vibrational therapy) music, dance, Hatha Yoga, Tai Chi, acupuncture, massage, fasting, and certain diets. These methods have been practiced with success since time immemorial. Agnihotra has been rediscovered in our time, and together with other medicinal fires, spreads Homa Therapy on all continents now Its practice has shown marvellous results. The atmosphere becomes pure tensions and other harmful effects of pollution are reduced and neutralized. Instead of destructive radiations emanating from distrubed minds, a healing energy field is created, filled with vibrations of love. This is beneficial for all life.

"The medicinal atmosphere created by Agnihotra itself has the power to cure diseases since the healing energies activated by the combination of mantras and organic substances burnt in a copper pyramid flood over us. The Agnihotra copper pyramid also has an effect on the energy imbalance. It helps to correct this and transpose a positive effect to the mind through harmonization of Pranic flow.

"Plants in Agnihotra atmosphere grow healthy and strong; medicinal herbs increase their healing properties. Organic farming in conjunction with Homa Therapy is done with optimum results. Food which is grown in such an atmosphere is itself medicine. Homa Therapy is the means with which man tunes into perfect harmony with nature and restores the nature and restores the natural cycles.

"The Wholistic Health concept has to be expanded to consider man's unity with the cosmos. Only if we can heal our environment can we expect to lead a healthy and happy life."

These explanations about Homa Therapy had a good effect on the Congress. Some people said that it was one of the most valuable contributions to the Congress as it was truly wholistic. Several people expressed the desire to practice Homa Therapy. One Sri Lankan doctor wants to do it in his healing center where several natural treatments are already done. A man from the United States who runs a health resort said he'd like to try it on his farm. Another doctor from Canada said

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he wanted to conduct experiments on plants using Agnihotra with his biofeedback equipment. He purchased six copper Agnihotra pyramids. The family I stayed with wanted to start it in their home. Many people took copies of *Satsang* with them.

Sri Lanka is very attuned to traditional healing and it is supported by the government. There is a Minister of Indigenous Medicine which takes care of this area. Everyone having knowledge of natural healing is welcome there. Scientists are invited to observe and investigate the work of traditional healers.

I witnessed a healing ceremony that was performed by a group of drummers and dancers. Music and healing went on the whole night. The patients who observe the ritual are said to be well by morning. This ritual is very popular in rural areas and it impressed me deeply. Music and sound vibrations, like Mantras, have been known in many ancient cultures to have healing powers. Also Buddhist monks work as healers in Sri Lanka by chanting the Diamond Sutra at the patients' bedsides. Sri Lanka serves as an example of how various healing systems can exist side by side in cooperation with each other.

Homa fires, of which Agnihotra is the basic fire, fill all the spheres with love. The last prophecy of the Hopi Indians is being fulfilled. The days of purification have begun.

[US. Satsang, Vol. XI, No. 16, Jan. 5, 1984.]

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Homa Therapy at State Mental Hospital

Barry Rathner
U.S.A.

As a demonstration for a proposed experiment, Homa was practiced on the hospital grounds at Springfield Hospital Center in Sykesville, Maryland in November 1983.

Unlike the reserved and skeptical response we received a few years ago at the very same institution when Homa Therapy trials were proposed, staff and patients alike were most open and welcoming. With only an hours' prior notice, I was welcomed into the activities room where the head nurse spent more than a half hour listening politely and respectfully as I explained how Agnihotra had shown in preliminary trials in several countries to be an effective aid in reduction of mind tension. She was especially interested in the ability of Homa to aid in relaxation and concentration.

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We spoke at length of the prior use of Homa with the mentally retarded and epileptic in Baltimore, Maryland and Ambejogai, Maharashtra, India. When someone suggested I do a pyramid fire as a demonstration, I was somewhat hesitant. This was because years earlier I was told I needed permission from "higher ups". It seems now that so many people are looking for relief from the incredible levels of strees that the emergency nature of the situation is hitting home. Those in the healing professions seem acutely aware of this and consequently the more humble are open to new ideas. As more and more alleged therapies fall by the wayside, more people are searching for a truly effective antidote to mind tension.

We performed Homa and one patient said he immediately felt relief he had not experienced in years.

I was then told that Homa could be performed at the hospital whenever I visited and staff would seek permission from the administration to allow patients to even do it by themselves.

If some simple studies could be initiated at such institutions, the results might be very interesting. Since detailed notes of patients' behaviors are regularly kept, a one month's trial exposing one ward to daily sunrise/sunset Agnihotra might reveal surprising results.

This was the second time I had performed Homa in a mental hospital. The first was at the Erragadda Mental Hospital in Hyderabad, India. Homa was also performed recently at the Sheppard and Enoch Pratt Hospital in Towson, Maryland, U. S. A.

[US Satsang, Vol. XI, No. 16, Jan. 5, 1984]

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JOURNEY'S END

James Blake
U.S.A.

Overindulgence in the pursuit of pleasure is one of the most efficient traps of the NEGATIVE POWER, whose duty it is to slyly lure us in various directions away from the "Kingdom of Bliss" into the dungeon of the Hell Worlds. The words from a song express this very nicely, "I thought HAPPINESS was mine sitting in a silk dress sippin' wine."

Our aim is the state of HAPPINESS which is not followed by unhappiness. Each one of us (believe it or not) is qualified and bonafide to reach the Journey's end. Our past record of sins should not hold us back. The only thing that counts is that we put forth the effort to improve ourselves from this day forward.

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Look back at Moses who foiled Pharaoh's sorcerers and Black Magicians and Pharaoh too. He was quite militant in his early life. But blessed as he was, he rose to be a great spiritual leader leading his people to the Land of Milk and Honey.

Look back at Jetsun (HOLY) Milrepa who spent the earlier part of his life practicing evil deeds. He repented and devoted his life to Almighty and rose to be Tibet's greatest Yogi and spiritual leader.

Look back at Paul who spent his time persecuting the followers of Jesus. After losing sight, his better judgment persuaded him to switch over to the winning side. He then became one of Jesus' diligent disciples.

In fact (believe it or not) sometimes the more messed up of a state we are in only indicates how high we may rise. It is merely a matter of channeling that same energy into a positive direction.

The practice of the Fivefold Path of Vedas is the easiest way to rechannel this energy into the directions that will benefit us and our brothers and sisters rather than destroy each other.

[US Satsang, Vol. VII, No. 16]

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Letters to Satsang

Sunrise/Sunset Timings

(*For the scientific process of Agnihotra which purifies the atmosphere and makes absorption of the sun's rays by water resources of the planet more beneficial, the circadian rhythm of sunrise/sunset is crucial. It is this short time period wherein a special condition of nature exists. All insects, birds, beasts, animals, and plants know when it is sunrise or sunset. They respond automatically to this atmosphere. It is only man who has gone so far away from nature and therefore needs to be reminded about the sunrise/sunset atmosphere.*) *Editor.*

Dear Satsang, Baltimore

For years we have been using sunrise/sunset charts copied from a book of tables published by the Naval Observatory in Washington, D.C. and time sheets calculated and printed on their computer for $15. Several years ago Ethan wrote a computer program based on this book of tables; this program eventually fell into the hands of Pat Mullen who used it

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for many years to print sunrise/sunset charts for various places around the world.

About three years ago, Pat obtained a copy of the Almanac for Computer and wrote a program that calculated the exact time of sunrise/sunset from a set of mathematical equations derived by Dr. Doggett at the Naval Observatory. I modified the program and used it to calculate timings for many places around the world while I had access to a computer. Since then I have purchased an inexpensive microcomputer and have been using it to calculate the timings; however, I don't have a printer and making charts is very time consuming.

This summer it was brought to my attention by a letter given to me, written by Matthias Fehringer of West Germany, that these charts may not be completely accurate for our purposes. Included was some documentation and his corrections to the equations. At your request, I checked further into Matthias' findings. After reading through the material he sent I was still puzzled, but after some thought and several conversations with Dr. Doggett, I came to some conclusions.

To understand this, we need a basic understanding of how these equations were derived. Dr. Doggett defined sunrise as the sun being a point on the horizon of a calm sea at sea level. He altered the equations to produce the exact time when the first rays of the sun just peek over the horizon. The sun is obviously not a point, so he calculated the sun's diameter to be 32' (minutes) of arc, mathematically speaking. To get the top of the sun's disk or upper limb, he had to mathematically poke the sun half of its diameter or 16' below the horizon. To do this, he created what is known as a mathematical construct and called it Z, the sun's zenith distance to the horizon. Of course at sea level the zenith distance, measured in degrees of arc, would be 90 degrees since the zenith is defined as the highest point directly overhead. On a graph, it would be like an x and y axis that intersects at a 90-degree angle. He used the cosine of this angle to alter the equation. Because the cosine function is 0 at 90 degrees, it has no effect on the equation since it adds only a 0 to the equated value. Hence, it is mathematically correct.

So now we have sunrise for top of disk as the first rays of the sun come over the horizon – or do we? There is another factor – refraction. With this definition of sunrise, we are dealing with visible light rays that are bent, or refracted, as they pass through the atmosphere. Since the atmosphere bends or refracts the light rays around the earth's surface before

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the object is actually there, Dr. Doggett further poked the sun down another 34' of arc to obtain the actual position or time when the sun's first rays strike the eyes of an observer on the surface. Z is now 90 degrees 50'.

The following quote from the Astronomical Ephemeris and the American Ephemeris and Nautical Almanac now makes sense :

> " At the tabulated times of sunrise and sunset the geocentrie zenith distance of the sun is 90 degrees 50', 34' being allowed for horizontal refraction and 16' for semidiameter; the sun's upper limp is thus on the horizon."

We don't know which bands of rays from the sun are most significant in the process of Agnihotra or if any particular wavelengths are more significant.

John Haggerty
USA

Sunrise/Sunset Timings

There are three systems of Sunrise/Sunset.

1. System One: In this system, the timing relates to the coincidence (astronomical or true) of the center of the sun with east horizon, without any correction for refraction, which is two minutes. It is called *sunrise without refraction*, by the Indian system. *Sunset* is the time when the center of the sun is on the west horizon, without any correction for refraction.

   By this system on September 23rd and March 21st, the day and night are equal in time, i.e., 12 hours 0 minutes day and 12 hours 0 minutes night.

2. System Two: In this system, when the time relates to the coincidence of the center of the sun with the east horizon with correction of two minuts for refraction (refraction changes latitude-wise), it is called *sunrise with refraction*, by the Indian system. Sunset is the time when the center of the sun is on the west horizon with correction of two minutes for refraction.

   By this system, on September 23rd and March 21st, day is 12 hours 4 minutes and night is 11 hours 56 minutes which are not equal. But the rule is on September 23rd and on March 21st, the day and night are equal everywhere on earth.

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3. System Three: In this system, sunrise relates to the visibility of the upper limb of the sun on the east horizon, and as such includes refraction and limb correction amounting to a total of about three and a half minutes. And at *sunset*, the upper limb of the sun on the west harizon with refraction and limb correction also amounts to a total of about three and a half minutes.

In this, the Western system, on September 23rd and March 21st, day and night are not equal. Day is 12 hours 7 minutes and night is 11 hours 53 minutes. However, the geographical and astronomical rule is "on September 23rd and on March 21st, the day and night are equal."

Therefore, I suggest you use the first system of sunrise and sunset without refraction, the center of the sun with the horizon.

B. G. Wadanere Pune, India

[US Satsang, Vol, XI, No. 16, Jan. 5, 1984]

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From Vasant's Correspondence

Gradually you will overcome the pull of desires only through these disciplines. You have to apply TAPA to those things which feed the desires, namely food for you. Then leave the other desires alone. Normal ideas will go on their own. Do not try to alter your lifestyle by cutting out anything. Just do the disciplines and let everything fall into place. Only TAPA, food TAPA. If you watch TV, you may find you watch less and less. But do not consiously limit anything or you will start to feel that you are giving up something. It should not be like that.

Start having people over to your house for dinner or visit around Agnihotra time. People should feel this nice vibration. Also family is so important now and usually the woman keeps the family together.
You get out of these bad habits immediately. Let nothing stand in your way.

Continue observing the disciplines as much as possible. Even when you are working you can observe them some of the time. You will find this burden on the mind greatly reduced.

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Now that you have successfully completed your fast you must be careful, what you eat. Not just in breaking the fast, but in developing a new way of thinking about food altogether. Eat whole, nourishing foods. Then as far as possible eat organic produce. No eggs. A little cooked food but mostly raw food. Still a little cooked food for you is better. Eat lightly so that, in a sense, you are semifasting - particularly for next few weeks. Also get proper daily exercise.

Others can follow a similar fasting cleansing, fast is very good. Of course one has to work up to that as you did in your programme.

There is little time left for anything. Where is the time to become anxious or upset ? If you take the time to create a harmonious atmosphere then you do the work required.

Quiet your mind. Why always thinking? Just let the mind be still. So you do your Mantra intensely next few days. Prayer and meditation will take you higher and you have answers to all the problems.

You must do the best you can under all situations. If someone speaks bad about you, remain silent. Don't become angry. When you become angry you throw away the power given to you by Shree. Keep silent when you feel anger. You must train yourself. Proper diet of course will make a difference.

For a while you were told several times just to sit for meditation whole time. This was for calming your mind. So now you are ready to receive. Listen to what is told to you and the manner in which it is said.

Continue to work for children. More stories, songs you can begin now to teach your son about the Fivefold Path. This will help you be more conscious of it yourself.

So easily we foreget Dann, Tapa, Karma and Swadhyaya. (Agnihotra, Daan, Tapa, Karma, and Swadhyaya constitute the Fivefold Path). It is a constant effort to be made and all Grace along the way.

Continue to devote two hours a day on this work and it will help you prosper in all other areas.

One person says something bad about another person. We all have to rise above that. Our feelings, our emotions often get in the way of clear judgement. So all of us must try to curb this behaviour so that we have

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only love for our neighbour and not hatred, envy, lust, greed and intolerance. One need not be a saint to realize the effect of such behaviour on another.

Now things are much worse in the world than they appear. What appears to be even peaceful is like bomb waiting to explode. So we have to keep all our attention on Mantra and meditation. Then it comes daily what to see. Just single pointedness and awareness of what is around you what peoples' needs are and then it is simple. So pay attention. Always when you begin to stray, even in the least way, now you are pulled back immediately.

[US. Satsang, Vol. XI, No. 14, Dec. 1, 1983]

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From Vasant's Correspondence

Control language which you speak. If your awarenesss is sharpened through disciplines, your words will reflect an inner contentment. In any case, this will not come about without effort on your part. When someone uses profanity to express himself, this is a more effective "language barrier" than speaking a "foreign tongue". It is alienating to most people even if they themselves speak in the same manner. So remember this.

Just as you are strict with diet you must be strict in all areas of self-discipline. Of course, the meditation timings as far as possible should be observed.

Why do you think you are a failure? If you are making a sincere effort, even if the effort is a small one still that is important. If you can apply *Tapa* in two way – diet and discipline – there you will reach success. If you try and then fall back, forget it and try again. Don't even think of failure. There is *no* failure. These things must be first and foremost in your mind. Diet and discipline, make more effort and you will see reward.

Maybe we shouldn't fight the feelings so hard and also the people who love us. We're all mirrors of each other. Sometimes we hold up a mirror in front of each other to help us face ourselves – and it's not criticism, just loving help. There may be some conflicts, but most important is when Shree touches us we're never the same and there is a special light within us that has been kindled. It draws us together, our relationship

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take on the normal roles (friend, lover, husband, wife, etc.) of society but there is a higher connection that cannot be broken. We get angry with each other or frustrated, sad, happy, etc. – like in normal relationships – but the love is shree's Love and it goes beyond all of the earthly ups and downs and is constant. Isn't it wonderful?

Exact meditation timings and proper diet. Don't let another day go by that you are not disciplined with your food intake. Meditate at all timings when you are not at work.

Nothing is so severe it cannot be remedied at this time. Make great efforts on a daily basis. Do not worry about succeeding or failing. Just do the effort.

As has been shown to you previously through dreams, much destruction is comming. Now if you can store grains it would be good. Still for many, they will lose all. Certainly you are highly blessed so you never need to fear. You'll be taken care of. You will take care of many others whose conditions may at times be intolerable. What is being told to you is being told simultaneously, shown to others through dreams, visions and directly by Shree. We must always remain humble and think, "How can I serve another human being? Let me be an instrument to help end suffering in the world".

[US Satsang, Vol. XI, No. 15, Dec. 15, 1983]

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NEW ERA DAWNS

Vasant

Jesus was asked about the signs when the new era dawns. He replied :

"And Jesus said : Take heed that ye be not deceived; for many shall come in my name saying I am Christ; . . . go ye not therefore after them.

But when ye shall hear of wars and commotions be not terrified : for these things must first come to pass; but the end is not by and by

Then said He unto them, Nation shall rise against nation, and kingdom against kingdom.

And great earthquakes shall be in diverse places and famines, and pestilences; and fearful sights and great signs shall there be from heaven."

. . . ."And when ye shall see Jerusalem compassed with armies, then know that the desolation thereof is nigh,"

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. . . ,"For these be the days of vengeance, that all things which are written may be fulfilled.

. . . .And they shall fall by the edge of the sword, and shall be led away captive into all nations: and Jerusalem shall be trodden down by the Gentiles . . . ."

"And there shall be signs in the sun and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; :

Men's hearts failing them for fear, and for looking after those things which are coming on the earth; for the powers of heaven shall be shaken.

And then shall they see the Son of Man coming in a cloud with power and great glory.

And when these things begin to come to pass, then look up, and lift up your heads : for your redemption draweth nigh.

And He speke to them a parable; Behold the fig tree, and all the trees;

When they now shoot forth, ye see and know of your own selves that summer is now nigh at hand.

So likewise ye, when ye see these things come to pass, know ye that the Kingdom of God is nigh at hand."

. . ."Heaven and earth shall pass away; but my words shall not pass away."

–Luke 21–6-11, 20, 22, 24-31, 63

The world is not going to disappear. Things mentioned above will take place before the great deluge.

About thirty years ago it was revealed by the Son of Man that when the Divine Power chooses to give a message to the world there comes an influx of power in all the atoms and favourable atmosphere is created. The time is now.

[US Satsang, Vol. IV, No. 18,]

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Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार
R.K. Mahe 10/4/86

April 1984 | New Era 41 | Vol. IV, No. 11

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharatiya

Satsang

April 1984 New Era 41 Vol. IV. No. 11

Everyone wants to be happy and everyone is trying to be happy in his own way. However, if you ask someone, "Have you met anyone who is happy all the time ?" the answer will be "No". You ask him again, "Have you heard of anyone who is happy all the time?" and the answer will be again "No". Is it not surprising that although every human being is attempting to be happy we hardly hear of a person who is happy ? The reason is not far to seek. On the day we are born as humans we inherit all that is required to become happy but we have forgotten this inheritance. It is like the son of a millionaire begging for a dollar, not knowing his father.

If you keep your happiness dependent on some future event it clearly means that you refuse to become happy in the present. The event that you hope or expect to come about may or may not come about after all and you continue to be unhappy. Out of several things that you desire you are going to get only a few and if you go into the habit of keeping your happiness dependent on the gratification of some desire you are never going to be happy.

Destiny unfolds various events in our lives according to the law of Karma, the law of "reap as you sow". However, we can train the mind to change the reactions to the circumstances outside. Happiness depends on the reactions to the circumstances outside and hence training the mind to transform itself constitutes the core of discipline on the Divine Path. One can say that there is nothing spiritual about it. If you want to make the journey of life an endeavour of joy it is easy to understand that some discipline is required. The discipline has to be simple, scientific and also within the reach of the average person. The Fivefold Path of the Vedas presented in these pages takes into consideration all these aspects relating to psychosomatic man. It is presented ready to serve like instant coffee or a T. V. dinner. It is offered as a package deal to suit all requirements. It is the basis of the teachings of all saints and prophets. Train the mind to change the attitudes and happiness dawns.

LET US LEARN TO FILL THIS MOMENT WITH LOVE AND NOTHING ELSE IS REQUIRED. LET US FILL ALL THE SPHERES

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WITH LOVE.

Mind may be a cruel tyrant. Let us train it to become an obedient servant. One may wave palms or sing psalms but unless he starts practicing "Love thy neighbour AS THYSELF" no progress can come. This is the fundamental teaching of ancient wisdom.

The word Divine in English comes from the Sanskrit verb 'DYU' meaning to shine. In Sanskrit it is DEVAYAN PANTH. In English it is DIVINE PATH. It means Path of Light. The discipline that transforms the mind from an instrument of bondage into an instrument of Divine unfoldment is the Fivefold Path. With renewal of the mind knowledge dawns. This is the Path of Light, Divine Path.

All this knowledge is given through the Vedas. It is in Sanskrit language. Sanskrit is the mother of all European and other languages. The word VEDAS comes from the Sanskrit verb 'WID' meaning to know. The English word 'WIT' comes from the same Sanskrit root. All languages of the world have words coming from Sanskrit. There is not a single word in Sanskrit which comes from any other language.

Knowledge of various sciences was first given through the Vedas. Astronomy, biology, bioenergy, medicine, bacteriology and several other sciences are given through this ancient wisdom. Unless we are prepared to divert ourselves of superstitions and prejudices we will not truly benifit from the storehouse of Vedic knowledge. A scientist of late twentieth century is in better position to understand the wisdom of Vedas than anyone else. If you look at the picture of the universe given by the astronomer of late twentieth century you will notice that he is veering in the direction of Vedic knowledge. The same is the case when the scientist pronounced the principal of indeterminacy or photographed the bioplasma body or recognized the interplay of subtler energies. A beginning in this direction was made when the scientist recognized the limitations of human reason. Methods of experimental science have blasted the imaginary walls separating the so-called spiritual from the material. The future scientist will have to be a Yogi to delve deep into the mystery of Creation. The time has come when the terms Immanence and Transcendence will form part of the universe of discourse of the scientist. The days for the parochial religionist are numbered and henceforth the Light of Knowledge will illuminate all human minds.

The time is most opportune for us to follow the blueprint of cosmic wisdom given through the Vedas, the most ancient wisdom known to

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human race. This knowledge is no monopoly of any country or community. It is the common patrimony of human race given through a language as old as creation.

It is idle to talk about post-dated heaven if you cannot be happy here and now. Nature has no favourites and you reap as you sow. THE FIVEFOLD PATH of Vedic wisdom is the blueprint for happy living on earth. The path is chartered. However, each one of us has to do the mapping. What religion calls GRACE is merely the operation of the fundamental law of cosmic scriptures which states 'Take care of your Karma and the rest will take care of itself'.

Give your mind the total coloration of LOVE. This is the DIVINE PATH, the Path of Light.

[For "Light Towards Divine Path" by Vasant V. Paranjpe, Chapter I, 'Introduction']

* * * * *

Waldsterben (Forest Death)

Barry Rathner

Five Seconds Before Midnight

"Terrible things coming. Regions of Germany where the soil is extremely fertile trees will just fall over, plants will not grow. When the scientists test the soil they can find no reason except small percentages of elements are missing and some trace elements. It is the radiation from the bowels of the earth causing it. Scientists beware. It is a law of reap as you sow operating. It is inviolable. It is unavoidable and by Grace we have come on this planet to take you out of the clutches of death." (*Satsang January 18, 1979*)

When the above was printed five years ago, perhaps little notice was taken. Today, so much notice is being taken of this problem that it "has assumed dimensions of a national crisis" across West Germany. It has now become front-page news even in the U.S. The *New York Times* put it on the front page of its Sunday edition on November 6, 1983 and the *Washington Post* followed with a December 28 story "West Germans Distressed by Threat to Forests."

Though the problem is at last acknowledged, the causes and alas, the solutions, are proving elusive. Scientists, government and laypeople might do well to stop, examine and ask, "What power is it that has revealed far in advance what disasters would befall the forests?" and "What is the Homa Therapy that purports to alleviate the situation?"

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"*If we do not succeed in saving our forests, the world in which we live will be changed beyond recognition.*" This is not the statement of some doomsday prophet, but of Helmut Kohl, Chancellor of West Germany.

"The trend is alarming, and unless it changes in the next five years, some of our woods will be completely gone," says Friedemann Kaelble, director of Forest Services in Karlsruhe. "The danger is not only the loss of our heritage but of fresh air and clean water as well." Even this statement may be dangerously optimistic as five years may be far too long to wait. "It is not five minutes before midnight, it is five seconds before," another surveyor of the situation stated.

Initially, hot dry summers were thought to be the cause of the dying trees. But according to the *Post* article, experts over the years have identified accumulated pollution from cars, industry and power plants as the chief culprit. *Satsang* was specific on this point. "It is radiation from the bowels of the earth causing it." But can science comprehend this or at least admit its importance? Only the top scientists are humble enough to admit they don't know. They believe we must go with the awesome knowledge of Agnihotra and Homa Therapy.

How much time is left? A Ministry of Agriculture's October 1983 report showed the area of diseased trees had more than quadrupled in the last year alone. One-third of Germany's 17 million acres of forests are already damaged. The Baden-Wurttemberg's state forestry office says one-half of the entire Black Forest is now affected; a fivefold increase in less than 18 months. So it appears there isn't much time left.

In earlier revelations, *Satsang* foretold of forest problems on the borders of East Germany and Czechoslovakia. It is now known that "entire forests in some mountainous area have been decimated" in those two countries Austria and Switzerland also report significant tree damage.

We are no longer faced with the prospect of future destruction of much of our planet. It is now all around us despite the continued blindness of many. Homa Therapy offers an easy, inexpensive and unobtrusive solution to ecological disturbances that affect bodies, minds and our co-inhabitants of the planet, the plants and animals. It is not difficult to do a one-week trial to see for oneself. Some simple experiments to gether preliminary data can be done without great expenditure of time or money.

The time for further procrastination has ended. *Without Homa Therapy*

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we proceed at our own risk. With mass scale practice of Homa Therapy, trees can be saved.

(If you wish to set up experiments in forest areas, for further information write to: International Homa Therapy Research Institute, Shivapuri, Akalkot, Maharashtra 413 216 India.)

[US. Satsang, Vol XI, No. 18, Feb. 2, 1984]

* * * * *

Forest Disease In Germany Not Under Control

Berthold Jehle, West Germany

In Germany, trees are sick. This news is now heard everywhere here and it is known that the government wants to solve the problem but results thus far are not encouraging. What is becoming known as "dying forests" threatens to become a terrible economic and ecologic disaster if the sickness cannot be stopped. Furthermore, the problem was not even known until a few years ago and is still not visible in its entire dimension. Even more alarming, these are the views contained in a government report by the Minister for Food, Agriculture, Environment and Forests, Baden-Wurttemberg State.

An environment research program cites air pollution as the most important factor, especially sulfur dioxide but also nitrogen oxides, photo oxides, fluoride and heavy metals. Sulfur dioxide comes mainly from the chimneys of coal power stations and other industries and can destroy the forests even in faraway areas. Nitrogen oxides and photo oxides come partly from car exhaust fumes but also from power stations and and industries.

"Baden-Wurttemberg is putting great emphasis, therefore, on a very quick and decisive reduction of harmful substances in the air," continues the Minister's report. "Since air pollution does not stop at borders, the problem has to be solved on an international level. Major efforts are necessary as were made to clean the water successfully in some places."

The Minister saw the problem as an international one. Now that Agnihotra fire and its agricultural format of Homa Therapy farming have spread to every continent it would be wise to begin investigations regarding Homa's potential to alleviate problems of the sick trees.

Fir trees were the first to be affected. Their needles turned yellow and

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fell off about 3 to 4½ feet from the top. Some of the branches on the side appeared very long and the tree stopped growing. The needles fell all year round and wetness in the trunk and roots became characteristic.

Pine trees were the next to suffer. Needles fell from the top, and this section of the tree dried out and died. It started with the taller trees. Branches became weak. Now other types of trees like oak and beech have the disease. Research shows that trees are in bad shape in all industrial areas of middle Europe. In Germany, 60 percent of fir trees and 9 percent of pine trees are affected. Forest employees see it spreading quickly. Studies have shown that there is nearly no area where fir trees are totally healthy. Old forests are more susceptible than younger ones, but it cannot be said that the cause is old age. The disease exists in acidic as well as alkaline soil, and firs become sick in monoculture as well as mixed culture.

Figures 1 and 2 illustrate how quickly the disease is spreading. There isn't enough time left for more research along traditional scientific lines. Since nothing has worked so far, unorthodox treatments should be considered. *Homa therapy from the Vedic science of bioenergy has shown very quick result for similar problems in preliminary trials.* Scientists have to consider the healing potential of this process. Treatments based on purely physical, materialistic thinking will not help anymore. There is a more subtle level which some eminent scientists have already acknowledged but until now don't know how to utilize and manipulate this energy. *Fire is the key, and Homa Therapy is the answer.*

The economic problems posed by the dying forests are worrisome. Fir and pine tree damage is increasing rapidly. It is estimated that 250,000 forest-related businesses are endangered and the tourism industry is threatened. All in all, the economy is losing more than one billion dollars annually because of this problem, but this does not take into account how the soil and water resources are being affected by pollution-related causes.

Which way will science go now? Millions of dollars have gone into government-sponsored research work since 1977, but where are the results of all this? Do we read anywhere about the tree deaths receding? No. All we are told is that the forests are definitely dying. Scientists seem caught up in their tests and measurements and forget that something has to be done quickly. Time is running out. Naturally it is good to know something about the condition of the trees, air polluting elements,

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Figure 1: State of Health of Fir Trees in Specially Observed Areas in the South of Germany

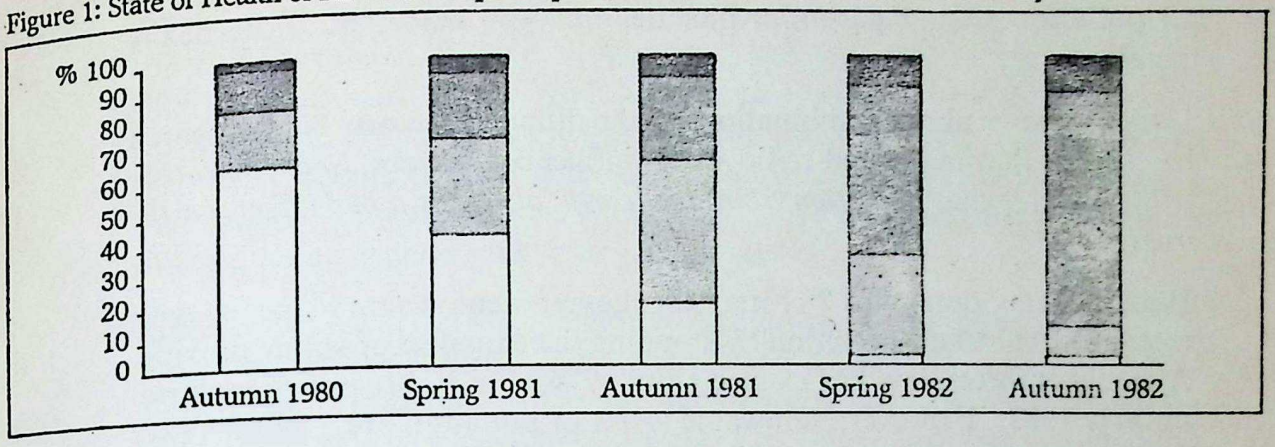
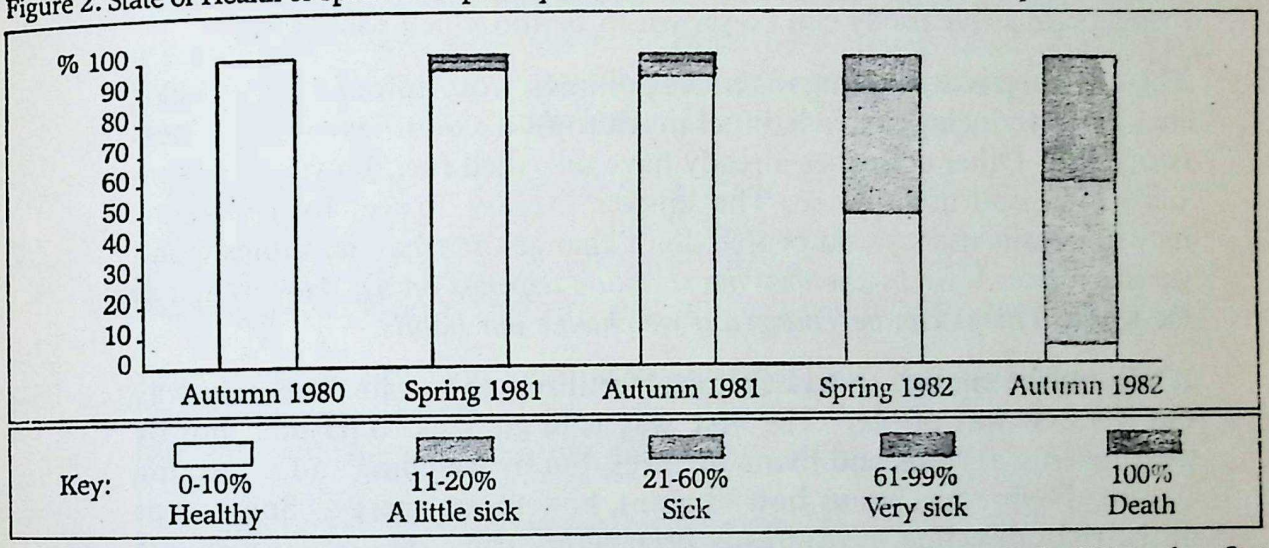


Figure 2: State of Health of Spruces in Specially Observed Areas in the South of Germany



(From a government report by the Minister for Food, Agriculture, Environment and Forests, Baden-Württemberg State, published in April 1983.)

the quantity of rain, chemical analysis of the needles, climatic circumstances and the effect of insects, fungi, bacteria, virus and all sorts of microorganisms, but it takes a long time to collect this data.

What is known so far is that there is more than one cause for the dying trees. Scientists agree the primary cause seems to be air pollution, but they cannot prove this because they cannot bring nature into the laboratory. This is the time when scientists are faced with the problem of their usual methods not being adequate. They must look to another level. *If they could compare one area exposed to Homa Therapy with another similar area not so exposed, differences would be found.*

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In different areas, different causes have been found. Different types of air pollution exist, e.g., sulfur dioxide, nitrogen oxide, fluoride, heavy metals.

Little is known about combinations of the different factors. New research has shown that radar and radio waves influence the trees. *Soon, scientists will recognize that radiation from the earth also has a bad effect on the trees.*

What is being done now? First, the government wants to begin with measures against air pollution by stopping the emission of sulfur dioxide. A rarely enforced law has existed since 1974. but it became more strict in early 1983. However, allowable levels of pollution are arbitrarily set by man and nobody knows what will result in the long term. What seems permissible today can be shown to be too much tomorrow.

The next step is attempting to reduce pollution from automobiles, trucks, etc., by introducing unleaded fuel in European countries over the next two years. Other countries already have unleaded fuel, however, I wonder why it isn't used more. The answer ia easy to see, for as long as industry earns money and people don't change their habits, things won't get any better. *So in one way the situation depends on us; how we act in the world. Things can be changed if we change our habits.*

It will not be enough to add chemical fertilizers to forests. The only way out is a new way of life. The best way is to go back to nature; not by wearing animal skins and living in caves, but by watching and respecting nature. Nature teaches us how to plant, how to get energy. Some steps in the right direction have already been taken. *Homa fire brings man into harmony with nature. It puts back into nature what has been taken away. Homa fire is the next step for a new era and a new human race.*

[US Satsang, Vol. XI, No. 18, Feb. 2, 1984]

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Homa Therapy in the German Fichtelgebirge

Kurt Rennig, W. Germany

In August, I went to Fichtelgebirge, a mountainous area of Germany near the Czechoslovakian border, to share with people something about Agnihotra and other healing fires. In this region, large areas of forests are dying. Many springs providing drinking water to the area are also threatened by the ecological disaster occurring.

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The Czechoslovakian forest officials, along with the Bayreuth Department of Forests, have tried to save the trees by introducing fertilizers. This method and others that have been attempted have failed. So for the first time, Homa Therapy agricultural methods were introduced to the forest people of the Fichtelgebirge as well as to local nature protection groups. They seemed very interested as we discussed the possibilities of conducting experiments with young trees.

I told them that daily sunrise/sunset Agnihotra is the basic Homa fire which establishes healing radiations around us. We may add four hours daily of Om Tryambakam Homa. According to ancient revealed knowledge, this creates a healing atmosphere in which trees can flourish and again begin producing chlorophyll. In this region, private forest owners are given free soil and needle analyses by the government. I was told that proposed Homa Therapy trials would have to be arranged with the Bavarian Trial and Research Forest Center in Munich.

I wanted to talk with government officials in Erzegebirge, Czechoslovakia, but I could not as I didn't hava a visa. I was happy to learn, through, that the German customs officials were very interested in learning about Homa Therapy; one of them had already heard about it.

After performing Agnihotra at a suitable spot between the German-Czechoslovakian border, I gave the Czechoslovakian customs officials some Homa Therapy literature and started on my return journey.

I had the opportunity to do Vyahruti Homa at several springs in the region. People asked me from time to time why this fire should be done. I explained that it is possible to purify the springs by putting ash in the water. One woman said this was so important that someone should be sent from spring to spring to do Homas. Many people thought the smell of the burning dried cow dung, a medicinal substance used in *Homa* fire, was incense.

It was a pleasure for me to know that the ash put into the water was being transported in all directions: from Fichtelnaabspring in the Danube in the south, from the Egerspring in the east, and from the Sachs Saalspring in the north. At the spring of the Red Main, I did a longer Om Tryambakam Homa. Along the way I had many opportunities to tell people about the effects of the healing fire, including a doctor at a hospital near Bischofsgrun. I did one Homa in a water protection area near Auerbach next to the military installation of Grafenwohr. This

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region belongs to the water protection area of Nuremburg. Here, too, you could see many destroyed trees.

In a nearby monastery named Speinshardt, I had a talk with a Catholic priest about statements in different scriptures about fire. It is interesting to note that the Holy Bible and other scriptures mention purification fires as in the following :

> I will be better if somebody of you goes and closes the doors that you may not kindle vain fire upon my altar. The lord of host says that I have no pleasure in you and I do not agree to the sacrificial offerings of your hands.
>
> (Malachi 1:10)

> For my name is great among the nations from the rising of the sun its setting says the Lord of host and for the sake of my name incense is burnt and the faultless sacrifices are offered in every place.
>
> (Malachi 1:11)

> The vision of the morning and the evening sacrifice which has been told is true; keep this vision a secret for it applies for a very long time.
>
> (Daniel 8:26)

> Allah ordered us don't believe any prophet except he who comes with a sacrifice which is consumed by fire.
>
> (Holy Koran III:184)

After this four-day bicycle tour, I had the impression that people are more open to Vedic knowledge of purification by Homa fires which are given in these time to work against mental and material pollution.

[US Satsang, Vol. XI, No. 18, Feb. 2, 1984]

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Homa Fire Helps Forest Growth

Vasant

Homa atmosphere, especially that of this concise Agnihotra, acts as a catalyst on plant metabolism, causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant health and allowing it to more efficiently blend with the ecological balance of things.

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If slides are prepared, they will show a difference in the cellular structure of plants bred in Yajnya atmosphere as compared to those which were not.

A change in nuclear structure in plants due to pollution makes it impossible for humans to extract nutrition necessary to survive unless plants are grown in Agnihoira atmosphere with Agnihotra ash. Then the plant defies changes and maintains its place in the balance of nature.

Plants grown in Yajnya atmosphere evolve networks of veins that are cylindrical and larger than normal, permitting water and nutrients easier movement to all parts of the plant. This helps growth and reproduction cycles. Also, it helps in the production of chlorophyll and in the oxygen recycling system of nature.

A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science, perhaps, does not lay so much stress on atmosphere, but it is one of the biggest factors.

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Dying Forests In Switzerland

Berhold Jehle
W. Germany

The dying forest problem in middle Europe is of the same urgency as was the food shortage of World War II and calls for sufficient, quick reduction in the use of fossil combustible and fuels. This call by the president of a Swiss organization for the protection of the environment was carried in a Swiss newspaper ad on December 2, 1983.

At a meeting held at the University of Bern we were told that Alarm Step Two has been reached. A gloomy picture was given by Dr. Fritz Hans Schwarzenbach, Vice-Director of the Confederated Institution of Forestry Experiments, Birmensdorf. He said that Alarm Step One had been announced last spring to the Swiss midland. Now, in addition to the fir trees, pine, spruce, beech and other trees are dying–including the spruce forest of the northern pre-Alps and mountain forests both above 3,500 feet and on the south side of the Alps. Alarm Step Three is now feared, which would bring inconceivable effects to the mountain population, the communication network and tourism.

A forestry plant protection service, Sanasilva, has been set up and has demanded a fast and drastic reduction of air pollution caused by burning

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fossil fuels. This was prompted by a study showing a direct relationship between the annual ring changes in trees and the increasing levels of air pollution since the 1950s.

Other proposed measures include reduction of the sulfur content of heating oil and rationing if necessary, reduction of the speed limits on highways, establishment of unleaded fuel requirements and rationing of gasoline. The economic implications were raised as need to release federal funds from fuel and special tolls to support proposed measures was stated. Though economic damage is relatively limited to forest owners and forest-related industries, other harm exists for the rest of the public. It is therefore a political problem as well.

My visit to the United States in August 1983 showed me that the forests there had signs of destruction very similar to those in Europe.

We must find ways to interest people in the potential of Homa Therapy for saving our trees, crops, bodies and minds.

* * * * *

Total Love Parenting (TLP)

Noni Ford
Baltimore, Md.

Introduction

Welcome to Total Love Parenting (TLP), a unique parenting skills training program. This guide was developed for use in TLP training. Full comprehension and appropriate use of practices and skills included in the guide require participation in a TLP training class. Persons interested in training in TLP may contact Agnihotra University.

The program of instruction is designed to train persons in the fundamentals of TLP. The objective is to present a series of practices and skills which are designed to improve communication within families and to assist them in creating an atmosphere of total love, encouragement and acceptance.

Unlike some parenting models, TLP requires an atmosphere which accommodates communication; one which is affirmative, supportive, receptive and unconditionally positive. The atmosphere of total love is as essential to the process as the parenting skills and other practices presented.

As counselors, teachers, therapists and ordinary members of ordinary families, we collect, daily, evidence that people are experiencing diffi-

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culties in family living. Reports of conflicts within the family unit rapidly escalate. Well-intentioned parents are feeling incapable of resolving problems and conflicts with their children. Parenting and communication within the family are desperately needed. Parenting, for many, seems difficult because parents often wait until the family is in crisis before they get involved in the conscious act of parenting. TLP acts to : a) help parents say what they want to say, b) give parents ways of taiking to their children, and c) create and maintain an atmosphere in which thoughts and feelings can be communicated. TLP is designed not only to solve problems, but at the same time, to prevent problems.

The TLP model was developed by Ross Ford, Clinical Director and Psychotherapist at Baltimore Family Life Center, a family counseling agency which he founded in 1977. The model comes after extensive experience in the areas of enriched structural family therapy, parenting, and Homa Therapy. The enriched structural therapy model and parenting skills offer a systematic way of assisting families in the resolution of difficulties and concerns. Homa, a Sanskrit word which describes a process of removing tension from the atmosphere and mind through the use of fire, provides an aid which families can use in establishing an atmosphere of total love and tranquility. TLP, the resultant model, has proven useful with a large number of families.

TLP training has three components–paradigms about the family, seven rules of thumb and a set of parenting skills. Each component is essential and related to the others and is discussed in detail in the training program and in this guide.

At the completion of the TLP training process, participants will be prepared to organize and conduct TLP Study Groups. The Study Groups are organized as small parent support groups which are introduced to TLP for use in their families and communities.

This is your guide to TLP. Read it thoroughly; write notes in the margin; understand it on as many levels as you can. What you get from this traning with likely impact a many families for years to come.

TLP Study Groups

Total Love Parenting, as conceived by Ross Ford and certified by Agnihotra University, enables trainees to skillfully organize and conduct TLP Study Groups. The purpose of these parent support groups is to

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provide information and practice on the use of TLP. The Study Groups will assists friends, neighbors and relatives in the area of parenting skills and, at the same time, demonstrate Homa which enables families to create and maintain an atmosphere of total love, acceptance and encouragement.

Specific Activities

Host a TLP introductory meeting. The purpose of the meeting is to introduce the concept of TLP, associated practices and parenting skills. Develop an outline of instruction for a TLP Study Group. The length and frequency or the meetings should be decided with the persons who have committed themselves to join the Study Group.

Introduce Homa, the anti-pollutionary practice which purifies the atmosphere and enhances the expression of love.

* Perform the Vyarhuti or Agnihotra Homa
* Discuss Homa as the prerequisite for developing the attitudes and understanding needed to learn and use parenting skills
* Discuss Homa as the medium through which the total love atmosphere can be achieved
* Identify substances used, process for performance and the overall effects of Homa
* Distribute information on Homa, as attached

Help parents to practice and use parenting skills. Encourage their use in the Study Group and in the family setting.

Learn and re-learn so that you become an expert in using the seven rules of thumb and in transferring parenting skills.

Introduce the members of the TLP Study Group to the TLP network.

Summary

If there are parents who have training as counselors and therapists and are interested in TLP, they should be encouraged to take TLP training through Agnihotra University.

Parents with an interest in a lecture or other workshops in TLP should be assisted in scheduling such an event in their community.

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Parents should be invited to pursue other courses related to Homa such as gardening, yoga, natural foods and stress relief. Services, including Homa Psychotherapy, family therapy, massage and wholistic health, are available through Agnihotra University, P.O. Box 43288, Washington, D.C. 20010.

* * * * *

City-Garden Farmer

Howard Bullock

One day after Yajnya, we wanted to give Agnihotra ash and water to our garden in Harrisburg, Pennsylvania. It was full of all types of food: cabbage, peas, tomatoes, peppers, eggplant, spinach, onions, okra, squash, broccoli, herbs, and even watermelon.

To say the least, this Homa Therapy garden was a big blessing. Friends said how peaceful it was.

Well, while, giving ash treatment, we took notice of our late-planted tomato crop of five varieties. Our elderly neighbor, Miss Seneca, also had a garden with tomatoes but planted a month earlier. She became the vehicle of direct knowledge on Homa Gardening.

This is how it happened. Miss Seneca said, "Atu, come look at my tomato plants." I came forward saying, "How big and healthy they look." She repeated again with a troubled voice, "Come take a good look!"

This time I leaned over the fence to see. She said, "Yes, they're big but they ripen unevenly. Sometimes they have ripe tops, unripened bottoms. Sometimes they have unripened tops and ripe bottoms. Look, one side is ripened, the other side is not. And if I wait for the unripened parts to ripen, the whole thing spills like this. Atu, I have to cut more than half the tomatoes off sometimes before canning them."

At this point, I asked, "What fertilizer do you use?" "I really don't know," she said, "but my son brings home chemical fertilizers, He's been a chemist for years·" Miss Seneca leaned over to look at our garden and said, "Why ask me that when your garden is so nice and full?"

She was right. The taste was so sweet and juicy with even shades of bright red. All these conditions were sure signs of the crop's superb nutritional quality. I gave her information detailing the wonderful effects Homa gardening has on our system both internally and externally.

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When she left, all I could do was think how healthy and big her plants looked from a distance, but under close inspection they were not. Plants, like other living things, have many different cells and parts which would function in harmony but due to chemical fertilizers, they don't. One tomato can express up to five differnt personalities. The one part ripe, the other part not, one side red, the other side green, and still another side yellow. These mutations varied from plant to plant. The whole metabolic process of these plants distributes many nutrients but unequally. Our tomatoes were smaller but yielded greater quantity.

When Miss Seneca came back, told me of her friend who had kept a beautiful garden for years, but now they were not able to grow anything with success. Needless to say, they use chemical fertilizers and now have soil spoilage.

This makes things quite clear — **We need Homa Gardening.**

(Homa is a Sanskrit word meaning fire prepared under certain disciplines to bring about a beneficial change in the atmosphere. The words Yajnya and Homa are used here synonymously.)

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Homa Therapy Farming

Joni Flitt
Baltimore, Md. USA

Introduction

Homa Therapy is a collection of ancient and modern wholistic farming techniques. Over the years, application of these techniques has proven to be extremely snccessful in gardening practice. For a gardening technique to be considered wholistic it must deal with the entire plant, soil environment, water and atmosphere, which together determine plant health.

Many organic methods treat plant nutrition on the soil and water retention level. Biodynamic and French intensive are the most sophisticated and productive of these methods. However, only one method, Homa Therapy, embraces all aspects connected with soil, water and atmosphere.

Homa is a scientific process that purifies the atmosphere and relieves stress. It is a part of the ancient science of bioenergy as given in the

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Vedas. There are many types of Homa that you can perform, e.g., burning the prescribed substances for each Homa in a copper pyramid, However, it must be performed exactly as prescribed to impart the healing effect for which it is known. Agnihotra is the basic HOMA tuned to the biorhythm of sunriee/sunset.

Homa Therapy farming results in not only an abundant harvest, but improves the taste, texture and nutritive quality of the crop.

In gardening, there are no guarantees as so many factors come into play. Give yourself every advantage. If handled with care, a garden can be a beautiful and rewarding experience. It is exciting to watch plants grow and develop from seed. By giving nourishment to the plants, they will in turn nourish you.

We can add the effects of Homa to Biodynamic, French Intensive gardening or any other type of organic gardening. Some of the basic concepts are performance of Homa, planting in raised beds, manuring only with organic material, companion planting and non-chemical control of pests.

Biodynamic and French Intensive gardening advocates have experienced high yields of crops by employing the raised bed and organic methods of farming. They have increased yields up to four times those of conventional plantings. However, due to extreme pollution, increased pests and acid rains, the efficacy has reached its limit. Farmers, worldwide, are experiencing the devastating effects of pollution on the process of growing plants for food. Here, Homa fire prepared in a copper pyramid under certain biorhythms becomes inevitable. It resets the planetary rhythm.

Disruption of the delicate ecological balance of our planet has caused severe damage to biological functioning. Many aspects of this damage are not yet known to science. We find now that the food chain has been contaminated by toxic substances. However, it is reassuring to know that by practice of Homa Therapy farming you can grow food that will be more pure and of greater nutritional value than that grown commercially today.

Farmers are confronted with many problems including :

1. Trouble in the root systems limiting the ability of the plants to distribute nutrients and energy.

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2. Inability of the soil to retain moisture.
3. Inability of the plant to reach for and find nutrients in the atmosphere.
4. Increase in the incidence of disease.
5. Increase in the incidence of insects and insect infestation through the roots.
6. Abnormal color, size and texture.

Efforts to reverse the effects of pollution on farming have resulted in further problems compounded by increased use of chemical fertilizers and pesticides There is also destruction of soil and beneficial microbiotic life due to compaction of soil from heavy machinery. It is clear that some therapy is needed, hence this introduction to Homa Therapy farming.

Why Homa Therapy Farming ?

Plants are healthy and strong when grown the Homa Therapy farming way. Wholistic and organic farming techniques combine with Homa to produce plants whose health and strength depend upon the nutrients in the soil and atmosphere.

How Homa Works

Homa is a purification process through the agency of fire. It is performed daily in the garden for the purpose of ridding the atmosphers of impurities which have a negative impact on growth. Homa adds nutrients to the soil and air, and restores and maintains ecological balance.

Homa is performed by making a fire in a small copper pyramid. Agnihotra is the basic Homa to establish a healing cycle. Substances which make up Agnihotra fire consist of dried cow dung, ghee (clarified butter) and brown rice. After a fire is lit, two Mantras are recited and an offering of rice is made. While the fire burns, you can sit and meditate, and experience along with the garden, the healing effect of Homa. In other Homas practiced in farming, only clarified butter is offered to the fire at any time except sunrise/sunset.

* * * * *

[US. Satsang, Vol. XI, No. 18, Feb. 2, 1984]
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Homa Agriculture

Mike Billian
U.S.A.

In recent years there has been a growing public concern regarding the detrimental effects conventional methods of agriculture are having on our planet. Chemical pesticides, herbicides and fertilizers are slowly transforming our rich farmlands into vast wastelands. From man to microbe these toxic chemicals and their by-products can be found causing serious danger to health and survival. All areas of nature are affected by these poisons and it is so tragic that we allow these practices to continue. It is evident that we must develop and implement alternative agricultural methods that put caring and respect for our planet before all else. Of course these methods should still be profitable and take into consideration such problems as plant pests, diseases, soil fertility and soil conservation.

Homa Therapy farming offers us such a system. Homa Therapy farming system combines some of the most highly successful organic farming techniques with the ancient science of Homa. Homa or Yajnya, as it is also termed, is a process of purificatlon of the atmosphere done in accordance with certain biorhythms. Agnihotra is the basic *Homa* to create a healing cycle around us. In Homa Therapy the change in the atmosphere is brought about through the agency of fire. By burning specific organic substances like a little brown rice, dried cow dung and ghee (clarified butter) in a copper pyramid of specific size at the timing of certain biorhythms (e.g., sunrise/sunset) a beneficial change in the atmosphere takes place.

The effect of Homa on plants is fantastic :

"Homa atmosphere acts as a catalyst on plant metabolism, causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant health and allowing it to more efficiently blend with the ecological balance of things."

"Where Yajnya (Homa) is performed regularly the whole structure of the plant is strengthed and thrives".

"The taste, texture, color, nutritional quality of a plant improves all from growing in Yajnya (*Homa*) atmosphere".

"Performance of Agnihotra (smallest, though basic, form of Homa done at the biorhythm of sunrise/sunset) energizes plants and gives plants nutrients".

"An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is performed in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is given by performance of Agnihotra in the area. This gives the plant the ability to maintain maximum growth and yield levels." (From Homa Therapy Farming Bulletins 1-8 by Vasant. published by Agnihotra University, P.O. Box 43288, Washington, DC

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20010.)

Homa ash, especially ash from the Agnihotra Homa does a lot to help nourish the plants and make them happy when it is tilled into the soil and sowed with seeds and young seedlings.

From the above information it can be seen that Homa Therapy farming offers the farmer or gardener a very interesting avenue of exploration. By its very nature, Homa Therapy farming is a conscientious for of agricultural practice.

In conventional farming each row of a crop is separated by a wide space. This spacing between the rows leads to a great deal of soil erosion. Soil nutrients and organic matter are constantly washed away along with all the chemical poisons that are applied to the fields. Ofcourse this leads to depleted farmland and muddy, polluted water resources. In consideration of this situation Homa Therapy farming recommends the use of raised beeds minimizes soil erosion and allows more food to be grown in less space. Since raised beds are suggested for Homa Therapy farming, the remaining information in this article will explain what a raised bed is and what the advantages are of using them. For small gardens, the raised bed method is ideal. However, *Homa* farming can be done without the raised bed method.

The soil level in a raised bed is elevated by a process called double digging. Optmally the process of double digging loosens and acrates the soil to a depth of two feet. The digging process plus the introduction of compost, manure, and Homa ash during the digging creates the bulkiness to raise a bed's soil level and energy-wise, the soil is activated.

A raised bed garden is divided up into beds and paths, in fact the paths (usually being 1½ to 2 feet wide) divide one raised bed from another. The raised bed can be 3 to 5 feet wide. The length of the bed depends on the amount of garden space you have and how you chose to divide it up. A space should be made in the center of the garden for doing Agnihotra and other Homas. If you have over one hundred acres Agnihotra should be done in the center of the farm and also at East, West, North and South if you have the manpower. If the same bed is worked year after year and organic matter is added often, the bed level will rise and the soil structure will improve.

What are the additional avantages of growing crops using raised beds with Homa Therapy farming ? First of all it is very important for a plants roots to exist in a loose, friable medium to allow for easy growth and absorption of water and nutrients. A surprisingly high percentage of plant nutrients are airborne and can be absorbed by plant's roots if the soil is well cultivated. This is especially true where Yajnya is done on the farm.

,'When Yajnya is performed ghee is mixed with the nutritive elements in the atmosphere, producing a nutritional food for all life on the planet." (Homa Therapy Farming Bulletin 1.) The raised bed provides such an ideal soil environment. This is true because the soil is well mixed with

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air and moisture holding organic matter. Earth-worms and other beneficial soil life thrive in such a soil and besides the raised bed itself is never walked upon. When a person steps on the ground close to a plant his foot compresses the soil around the stem and roots. This makes it extremely difficult for the plant's roots to grow and for air and water to penetrate the soil surface.

Another advantage of raised bed gardening is the economy of space. Seeds or seedlings are planted close together within the bed so that the outer leaves of each fully grown plant barely touch the outer leaves of the plants around it. When plants are grown in this manner they create a "living mulch" over the raised bed. This means when the leaves of the plants spread over the bed and touch one another, they shade the soil, thus stunting the growth of weeds and slowing the evaporation of moisture from the soil. A mini-climate is created within the boundaries of the bed by the plants themselves. Under the canopy of leaves the air stays moist and humid; therefore, the plants tend to lose moisture at a much slower rate. This canopy of leaves also traps the dew which forms on the undersides of the leaves and on the soil under the plants.

Considering all these factors plus the benefits inherent in the performance of Yajnya in the garden, one can see the result is that much less watering or rain is required for your crops.

"*Soil in Yajnya atmosphere holds moisture better than any soil. It is due to the ghee and the feedback effect of the Yajnya on the atmosphere. When the nutritional rain comes, the nutrients and moisture are held as a unit in the soil. This makes for better quality vegetation. It seems fantastic but is true.* "(*Homa Therapy Farming Bulletin 1.*)

To summarize, the final positive features of the raised bed system are as follows :

1. Soil in a raised bed can be worked earlier in the spring. This is because the surface of the bed is more exposed to sunlight and air. The bed also has better water drainage than a conventional garden plot.
2. Water absorption is better since soil is loose down to two feet below the top of the bed.
3. Seeds and young plants would not wash out in heavy rain as very few gullies form on the raised bed surface.
4. Soil is fertilized *only* in beds, not in paths, thus saving soil building materials for areas where only plants are growing.
5. Raised beds should be permanent. Thus every year the soil in each bed is improved in content.
6. A well-tended raised bed garden has a neat, well-organized appearance and is much easier to plan.

Note : For illustrations of raised bed method please refer to Satsang Volume 11 No. 17 dated January 19, 1984.

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SHOL—83

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THE SUN HAS RISEN ON A NEW ERA

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हरिद्वार

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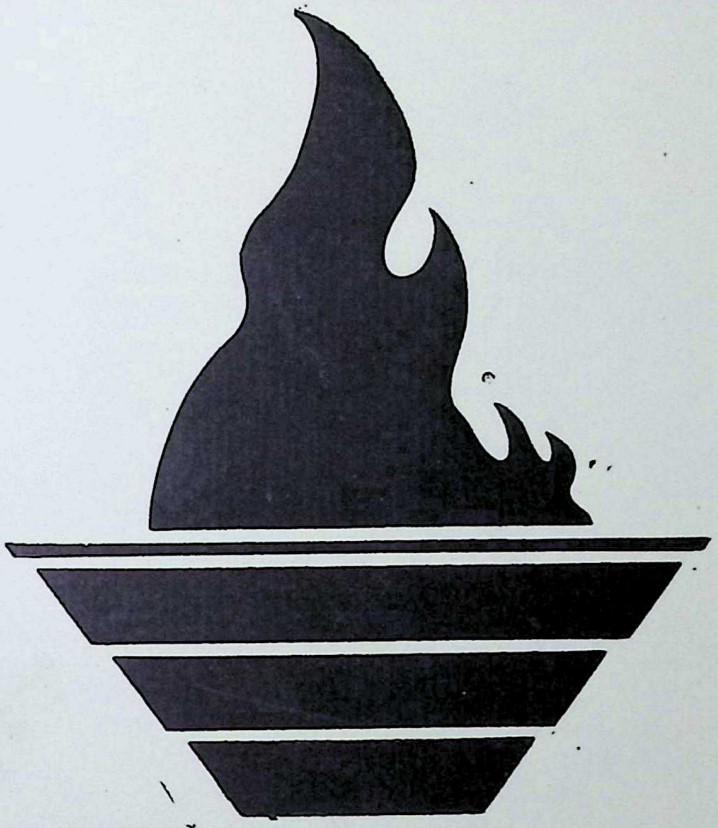

THE KINGDOM OF HEAVEN IS NEAR AT HAND

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Bharativa
Satsang

May 1984 New Era 41 Vol.IV,No.12

THE NEW AGE IS HERE

VASANT

The NEW AGE is here. The dawn of the New Era has arrived.

Scientists should watch the pattern of Saturn.

Jupiter is to explode. It will be saved by GRACE. The newspaper will carry the story as a miracle.

There will be food-related catastrophes in Nebraska.

China will see hard times soon now.

The earth is shifting on its axis. Much destruction to take place now. MARYLAND, SPECIFICALLY THE YAJNYA AREA, WILL BE A PLACE WHERE PEOPLE CAN GO FOR REFUGE. IT IS ABSOLUTELY SAFE.

We have to blast the atmosphere with vibrations of LOVE. Agnihotra creates a bubble of LOVE, protections around the YAJAMAN (i.e. the person who performs Agnihotra).

All the king's horses and all the king's men could not put humpty together again.

(US Satsang, Vol. XII, No.1 May 17, 1984)
(US Satsang, Vol.XII, No.1, May 17, 1984)

NOW IS THE TIME

On May 17, 1973 the first issue of SATSANG appeared and with this issue of May 17th, we enter the twelfth year of publication, Satsang is being published twice a month on the first and third Thursday of each month and is distributed free worldwide. Thanks to the hard working volunteers whose lifestyle has changed due to the knowledge given

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out through SATSANG. We wish to thank them and also the readers who have shown such a great enthusiasm to quench their thirst by this knowledge. However, we would like to add that all this is secondary knowledge. This knowledge is the greatest material aid to train our mind to react with love every moment of our life. When we do it automatically Grace starts pouring in. We have first to cleanse and empty our cup and then GRACE rushes forth. Grace does not depend on your opinion, religion, color, nationality, education or status in society. Purity of mind is all that is required.

The Fivefold Path of Vedas that we teach through SATSANG and which begins with the process of Agnihotra,. the purification to bring about healing in the atmosphere, is the basis of the teachings of all prophets, saints, Avatars that have come to grace our planet since creation.

We do not ask anyone to follow any specific Guru. We only share with the readers the ancientmost scientific teachings of atmospheric purification given through the Vedas, i.e. YAJNYA of which Agnihotra is the basic form and the other four aspects of the Fivefold Path. It is up to them whether they want to incorporate into their life these teachings. If they wish to do so, they do not have to change their spiritual group, religion or teacher. By practice of the Fivefold Path, they will become better members of their religion, spiritual group or devotees of their teacher. We quote below from the first issue of SATSANG published on May 17, 1973:

OPERATION FULFILLMENT

Vasant

We are bringing out the first issue of our Journal on May 17th. This is the day on which Jesus delivered the Sermon on the Mount before the disciples. This year, May 17th coincides with the full moon day of Vaishakh of the lunar calendar. This is the day on which Gautama became Buddha (Enlightened). It is also the day on which Buddha was born and the day on which he left the mortal coil and attained Mahanirvana. Again, May 17th is the birthday of Parama Sadguru Shri Gajanan Maharaj of Akkalkot, India. Parama Sadguru means Highest among the Perfect Masters. His message of the Fivefold Path of ancient wisdom is the remedy to avert disaster. This Fivefold Path was reiterated by all Prophets, Messengers of God and Divine Incarnations in all traditions in various parts of the world. All the Messengers of God use the language suited to the times in which they manifest. They lay stress on specific aspects of the

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Fivefold Path according to the need of the hour. Almighty is One and His message is one. Experience comes from beyond the domain of intellect and mere intellectual syllogisms do not carry us far.

The quintessence of the Fivefold Path runs like a golden thread through the necklace of pearls which the Divine Incarnations wove for humanity. When we start practising the Sermon on the Mount, the Dharmakaya of Buddha or the message of the Upanishads, a new faculty develops within us which takes us to higher tiers of consciousness. Christians, Buddhists, Muslims, Jews, Jains and others, saints of all religions, Yogis, Gurus all stand united in trying to depict the experience which manifests as the unfoldment of Grace.

"OPERATION FULFILLMENT" is our project. The Fivefold Path is the means. Publication of this journal is merely an occasion. SATSANG is only an instrument. Knowledge spreads by Divine Will. He has so willed and His Will be done.

The time is most opportune now to resuscitate the Fivefold Path for our happy journey on earth. All these days science has blasted beliefs and rightly so. Henceforth science will not only bolster faith but foster it. The time is not far off when science and religion become synonymous terms. Breathtaking advances in technology have deadened the gamut of scientists' guilt complex regarding their end use. The times we live in are loaded with hot lines of pushbutton conflagration which can wipe out human existence. While trying to devise solutions to human problems man himself has become a problem.

The most ancient treasure house of knowledge known to mankind is Vedas. The word Vedas comes from the Sanskrit root "Vid", to know, and hence Vedas means treasure house of knowledge. This ancient wisdom asserts that mind and PRANA are like two sides of the same coin. You induce changes in the atmosphere and the PRANIC content is affected. This automatically affects the human mind. Beneficial or detrimental changes in the mind are brought about by inducing corresponding changes in the atmosphere. The Vedas specify practical antipollutionary exercises. It is stated that by practice of these exercises the tension on the mind is relieved, anxiety disappears and mental peace is restored. The gross effects of these exercises on the atmosphere and the effect on pathogenic bacteria and non-bacterial parasites could well be tested by the methods of experimental

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science. Release from anxiety and tension leaves us free to function normally in a healthy way. Thus, health, peace, and tranquillity of mind are achieved. The incessant caperings of the mind are quietened and perception acquires clarity.

The antipollutionary exercise is the first aspect of the Fivefold Path which has been resuscitated from the ancient wisdom by Divine Will. SATSANG is merely an occasion and an instrument. The Kingdom of Heaven is coming.

This process is a material aid to peace. Its neurophysical and neuropsychological effects are revitalizing. The split personality becomes a thing of the past and the practice of spiritual discipline becomes more facile. The journey on the Divine path is hastened. This material aid, which anyone can practice in his home, is termed AGNIHOTRA in ancient literature. In due course we shall examine the various aspects of this material aid for relieving tension.

Let the Christian, Jew, Buddhist, Muslim, Jain, Taoist, be a more righteous Christin, Jew, Buddhist, Muslim, Jain, Taoist. There is no conflict between Divine Messengers; it is our wrong understanding and vested interest that beget conflict. The Fivefold Path is common to all traditions. The Gospel of Jesus, the Law of Moses, the Bhagavat Geeta, the Dharmakaya of Buddha, the Holy Koran, the Agamas of Mahavira, the doctrine of Tao, the Gatha of Zoroaster all uphold the Fivefold Path of ancient Vedic wisdom.

Various isms have failed to bring humanity together. However, technology and impending annihilation due to pollution have perforce made us think in terms of one world. The scientist has recognized the limitations of human reason. However, nothing opposed to reason will be tolerated. "Love thy neighbor" is a must if we wish to survive. Henceforth, no half-way measures will suffice. The time is, therefore, most opportune for the resuscitation of the Fivefold Path, which anyone in any walk of life may commence in the sanctuary of his home. "Knock and it will open", "Ask and it will be given". The highest things of human existence are always free. Grace unfolds within you.

Whatever be your formal religion, whosoever be your Guru, GRACE unfolds within you by practice of the Fivefold Path. We do not propose to open a new show window in U.S.A. We assert that Light will come to you through your own window. As stated earlier, SATSANG is merely an

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instrument and an occasion. Knowledge spreads by Divine Will. The Kingdom of Heaven is coming.

(US Satsang, Vol.XII, No. 1, May 17, 1984)

TIDE WILL TURN

Vasant

We are entering an age of great discoveries in the field of biomedical engineering and physics. We now realize things told in ancient texts reach fruition. NOW IS THE TIME. All science takes a bounding leap with discoveries made in the latter part of the year 1984.

Still the energy transformation that occurs during the performance of YAJNYA on full moon and AGNIHOTRA daily has yet to be examined by top scientists. THE TIME IS NOW.

Pollution is exacting its toll on the atmosphere. Whole universe is affected. We now realize the existence of other solar systems than our own. We have been referring to this in a matter of fact manner for many years. Now it is becoming common knowledge.

We will began to ask ourselves whether we have indeed spoiled our natural resources, our air, water, earth whether we have exceeded nature's limit of abuse. THAT IS WHEN THE TIDE WILL TURN AND THE CHANGES WILL BEGIN. SO FOR A WHILE, IT WILL BE MORE AND MORE DESTRUCTION, WASTE, POLLUTION. THEN STANDSTILL, THEN IT WILL BE BETTER AND BETTER.

We are nearing a breakthrough in cancer research.

Now the changes will escalate. You will see in the coming months increase in disease, disharmony. Again racial disturbance between people in cities begins to rise. Disharmony is more common than harmony. It will be unusual to meet someone who is basically harmonious even 50 % of the time. The world is that bad.

More and more the headlines will read of disasters, both natural and personal tragedies. People are becoming more filled with anger. So we must reduce our anger and teach the children.

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MORE EMPHASIS NEEDS TO BE PUT ON SCIENCE. After all what we are doing when we perform Agnihotra is actually a scientific act used specifically to reduce pollution in atmosphere and sever the chain of events which follows its effects of Agnihotra. It is all Shree's Grace. This is a crucial time in our history. Scientists, they see the end coming now.

We see how the world is becoming worse every day. Let us be prepared for it. We will hear and see horrible things in coming years. We have to be strong. Many are to die. Let's not become attached to anything. Where Homa fire is practiced will be a place for people to come for solace. People will just start coming there. On their own they will come. We do not turn anyone away unless they are abusive.

We are not in the market for disciples. We have enough people who follow us. These people work very hard. Agnihotra healing fire will go everywhere now through these people.

(US Satsang, Vol.XII, No. 1 May 17, 1984)

PSYCHOTHERAPY : BE HERE NOW

Barry Rathner
USA

We have been advised to try to live in the present, to give up thoughts of the past and future. "Be Here Now" was the popular battle cry about 15 years ago. Some benefits of this practice are obvious. First as we have absolutely no control over the past, thoughts related thereto are unproductive as well as a diversion from the present moment over which we do have control. As far as the future is concerned, though planning for it may be productive--planning itself being an action in the present -- worrying, idle thinking or excessive fantasizing about it can be just as unproductive as energy wasted on past life events.

"But I want to learn from the past" you say. Unless it is the immediate past -- like say the past hour (or perhaps 24 hours) - it seems likely that the emotional component of the experience will have expired. What remains are thoughts, intellectualizations etc. which just aren't as "real" hence not nearly as valuable for learning. The past repeats itself often so odds are we'll get a chance to "relive" that old event anyway. Our experience with thousands of clients in psychotherapeutic practice for the past 11 years has repeatedly demonstrated an uncanny ability on the part of those exposed to HOMA PSYCHOTHERAPY to focus easily on the present moment. Homa Psychotherapy is basically psychotherapy done either in conjunction with Agnihotra or at a minimum done in a healing center in which Agnihotra is regularly performed. What would otherwise require hours and hours over weeks and months is normally directly experienced by clients

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in one or two sessions. They relax, concentrate better and with only minimal therapeutic intervention remain in the present moment. The relief this brings them instantly impresses upon them the importance of trying to do this always.

Another dimension to Being Here Now is that in these days of speeded up karma thinking of the past is analagous to playing a stereo record on a mono machine -- you miss alot of the action; If you dwell on how bad a student you used to be in high school it won't help you with your college studies. You aren't the same person. Whether you've come a long way (baby) or a shorter way doesn't matter. The point is you've come a way and past thoughts create an illusion which disrupts the present. Just as the rapidly changing cells of our body create the truth that every six months nearly all bodily cells are new ones, so it should be with our minds.

One way to escape what someone called "the tyranny of the present moment" is to focus on how we want to become. A clear idea of what changes we want to make in ourselves in the future may help such changes manifest. Then as we take care of the present moments, the future takes care of itself.

Another benefit to living in the present is a great lessening of fear. Unless actually experiencing a clear and present danger to life or limb, most fear is unjustified. It is usually furthermore connected with a future event and thus not truly eligible for our present consideration. Once we drop our concern about the event, the fear goes away.

None of the above is completely new. We may have heard it all before. It sounds simple. That in itself may be part of the "trick" that makes it more difficult to put into practice. Our minds deceive us. We go on hour to hour, day to day and years to years not fully realizing how good things could be. We should try harder to take the plunge into perfection. The process starts and ends with our minds. That is why Agnihotra as a material aid to "Mind Training" is stressed.

Use the mind to train the mind to react with love under all life's circumstances. Start by training the mind to love its owner. By loving self we then progress to loving our neighbors. Truly it is love energy that heals, that brings happiness. At the bottom line that's what Agnihotra does for you and is all about.

(US Satsang, VolXI, No. 24, May 3, 1984)

LOVE AN ABSOLUTE ENERGY

JAMAL
USA

Have you ever noticed the behaviour changes of someone who is normally very remorseful, listless and so on, once he falls in love? Suddenly, that same person, man or woman, becomes bright, radiant, magnetic and full of ideas, plans and activity. No one can dispute this difference in human behaviour. In fact, when we see someone's behaviour change in like fashion, we automatically say to him, "You must be in love!"

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How does this subject rate to be discussed in a journal such as Satsang? In this journal we are interested in investigating and chronicling the mind energy released when persons begin regular practice of Agnihotra and the Fivefold Path lifestyle. In fact, our modus operandi is "renewal of the mind" and the aim is "happiness here and now". Have you ever noticed how a group of people immediately after Agnihotra is always kind, polite and loving towards one another? It is the same kind of behaviour the most miserable personality will perform when that person comes upon a member of the opposite sex that "pleases the eye". He automatically treats that other person kindly, politely and lovingly.

Now where does the motivating energy that brings about this change come from? Does it come from the person being looked at or from the person doing the looking? In the case of Agnihotra situation, once again we ask does the motivating energy that brings about the change come from the Fire or from the person performing the pyramid fire?

Is it possible that this special Agnihotra fire is really capable of producing enegy that is LOVE? We say that Vedas state that in Agnihotra atmosphere Prana, which is "life energy" is purified. Since Prana and mind are like reverse and obverse sides of the same coin, the beneficial effects of Agnihotra atmosphere are automatically transposed to the mind, making one feel" loving.

Still when we use the word "feeling" we are ultimately labeling an "energy"; for instance, feeling good, feeling bad, etc. So regardless of how we look at this feeling LOVE, we just have to recognize it deserves the designation as energy. When we say that we love a thing, that same thing can easily be detested by somebody else. This gives rise to the expression "beauty is in the eye of the beholder". So that it must be that this love energy must be within the beholder. Yet judging from reactions of people, animals and plants in Agnihotra atmosphere, this love energy has the capabilities of manifesting throughout a particular environment. From this it would seem that love energy is both without and within. This means love energy flowing can be affected by internal or external causes. Internally love enegry vibrations are controlled by the thought energy patterns of the mind and of course the mind is affected by how it reacts to outside stimuli and circumstances.

However, observations support the evidence that Agnihotra fire produces positive reactions of love energy in all. We must look more deeply at love as the very energy source of healing radiations from the Agnihotra fire. Of course this is "unconditional" love of which we speak. Unconditional love exists without looking for anything in return. This love really exists and through the science of Yajnya, Agnihotra and the Fivefold Path, scientists are on the threshould of proving it is the modus operandi for harmonious operation of creation.

(US Satsang, Vil.XI, No.24, May 3, 1984)

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SELF—STUDY

Joe, New Jersey
USA

The conscious mind (its components being thoughts, emotions, intellect, and memory) is without a doubt, that tool of individuality which is capable of inflicting the most exquisite torment in existence. The intensity which this torture can reach is virtually without limit. However, when one is in a position to experience the highest pain, he is also in a position to experience the highest pleasure, Consequently, the conscious mind is one of the most enjoyable of attachments and so one of the most difficult to let go of.

Most of us drive pleasure from some mind dependent activity. We enjoy reading, solving intellectual problems, daydreaming, sleeping and musing about whatever our heart desires, to name a few. Objectively speaking, it can be said that we use our minds to function in this world and when preoccupied with imagination and fantasy we use our minds to escape the world. Now, since the mind plays such a major role in our daily activities indeed, in our concept of what we are, it is extremely difficult for one to see it as anything other than one's self. The tragic repercussion of considering the mind as something that you are rather than something that you have is the resulting inescapable pain. For a time does come when this attachment, like all attachments, must be renounced so when one is in a state of unwillingness when this invitable moment arrives, present will be the unavoidable pain.

There is, however, another type of suffering one can and does experience as a result of this attachment. This particular anguish results from the fact that the mind, like all attributes of individuality, is not impervious to things which can upsent its harmonious functioning. This pain, with the forms it can take as numerous as grains of sand in the world, is experienced to a small degree by every person on a daily basis though most people are oblivious to the fact that they are suffering. Contemplate for a moment upon these common experiences in life. While driving rapidly to arrive at a particular destination on time, you are plagued by the fear that you'll be issued a ticket for speeding. When you are supporting yourself or a family and you encounter a period when money is hard to come by you are preoccupied with the fear that you won't be able to pay the rent or mortgage. After committing an act which you know you should not have committed, you are bothered by guilt at the thought of whatever it is that you did. While thinking about the possible loss of cherished possessions you experience a certain amount of anxiety. All these situations are mild yet nevertheless painful forms of mental suffering.

There is a school of thought that maintains that anguish such as that experienced in the preceeding situations could be eliminated if one were to detach one's self from those things which provoke fear and guilt. Now, this type of discipline does work in many instances. However, since it's virtually impossible to be indifferent to certain things which cause fear and guilt at all times its effectiveness is limited. This apparent failure in curative ability supports the fact that it is impossible to find a complete cure for any problem indigenous to this world in this world.

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Consider now more conspicuous and in most cases, more painful forms of mental suffering. To begin with, all individuals will experience a noticeable impairment in their ability to think and a mild or severe personality change when affected by one or more of the following: endocrine disorders, diseases, viruses, sleep deprivation, drugs, alchol, psychic attack. These mind affecting ills and agents are just a small sample of those things that one can encounter in life which are capable of affecting to a considerable degree the apparent base of one's identity. For the purpose of elucidation in this matter consider the following predicaments of unspecified origin.

An individual, aspiring to be the archetype of saintliness is suddenly beset with uncontrollable fits of anger. A person who's striving to be the embodiment of courage and fortitude finds himself seized by uncontrollable fears. One who enjoys being neat and orderly becomes the subject of convulsions which leave him completely exhausted after each act of tidiness. An individual who takes pleasure in being well groomed and clean finds themself, at a time of each encounter with soap and water, compelled to participate in a time consuming ritual to prevent the experiencing of certain fears (such a belief that he will contaminate himself or others with some deadly bacteria) which would otherwise result. (After some time, both the neat and body conscious individuals may forsake tidying and washing altogether because of the misey entailed in performing each act. Consequently they find themselves in a situation directly opposed to what they believe in. To the eyes of others, then, they now appear to be indifferent to neatness and bodily hygiene. If only the observers of these unfortunate individuals understood what provoked them to behave in such a manner.)

It should be clear from the factual predicaments above that it is possible to act in a way which is totally contrary to one's very nature. ★

★ Because such situations do exist, one cannot always accurately judge others by their words or actions. For, in some cases, how an individual feels about a particular thing is known only to him and, in extreme cases, only to God.

Note: It should be mentioned that some individuals suffering from certain mental ills who believe in an afterlife can derive little comfort from the prospect of post death existence. For being attached to their mind has convinced them that they will enter some realm with a mind very similar to the one they now possess. So, with mental suffering being sometimes difficult, it not impossible, to see beyond, these unfortunate individuals are convinced that they will still possess their problems there.

Consider some other plights. One who is striving toward purity in thought and deed finds himself the subject of uncontrollable perverted sexual thoughts as well as an overpowering compulsion to commit horrendous sexual acts. An individual who is

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aspiring to be knowledgeable on all things becomes a victim of amnesia. A person who prides himself on his intellect loses his ability to think coherently★ In each of these situations, the afflicted individual may be consciously resisting, fighting, what has happened to him or he may have become completely absorbed in his problem. It is apparent then that, in some cases, one's ability to maintain control of his thoughts and actions may be lost. Self mastery and moral perfection are, then, with all angles considered, nothing more than dreams inhabiting the dark corners of the mind destined never to see the light of day. For all individuals, including those who have attained God - realization are subject to fallibilities of character. They, like everyone else, will not be perfect until they depart from form.

Can you see, my brothers, that what many of you regard as yourself is nothing more than a delicate balance of conditions which can, at any time, be upset to deleteriously affect or deprive you of that which you hold so dear? That thread which one hangs on to in very trying times, the filament which seems impervious to severance, that gossamer link between sanity and insanity can, in fact, break?

It should be clear that there is no safe ground inside a mind. The only way one can rid one's self forever of mental suffering and its potential is by renouncing that which gives it reality. So, since this form of suffering would have no actuality without a mind, detachment from the mind and consequential realization of God (disembodied consciousness) is the only cure for this as well as all forms of suffering.

(US Satsang, Vol.XII, No. 1, May 17, 1984)

FROM VASANT'S CORRESPONDENCE

Forcing your ideas on your husband will not help. Being an example is only way now. You are so impatient with him. Only way to love another person in any given situation- marriage, your friends, your children, is through acceptance. No conditions should be placed on love.

This does not mean it you do drugs I am going to like it. I may even express my feelings about it to you but I will love unconditionally. When you criticize your husband you do so without love. Then it falls ears and does no one good.

You can rise above these weaknesses and bad habits. It just takes a little more effort on your part. Be consistent in your efforts. If you want, you can set your clock for each meditation time. Let it ring five minutes before. Then go immediately, do a small fire and sit for 15 minutes:

We cannot criticize what we do not understand. You can see only one facet of a situation and you can be too quick to make judgement on it. Better to remain silent. Then the thing which is not right exposes itself. Keep silent and no blame can fall on you. Otherwise even if you yourself were correct in your judgement people will point the finger of blame to you

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because you were the most vocal. This gets you into trouble time and again. Best to keep silence.

Each person has his or her own gifts, talents, abilities and it is through these very avenues that the message of Divine Path is given. An artist is not made into a physicist, a musician does not become a mathematician. You utilize gifts given and thereby you advance spiritually as well as developping talents which you naturally have always had.

Any questions you have asked me, just ask. If you talk about what your fears are then it is easy to face them. There is a simple rational response for each thing. This therefore reduces the power fear can have over you. Usually it concerns an area you are not taking care of in your life.

Family thereby is a more recent approach which can utilize Homa and some concepts from total love Parenting as well as art and music therapies.

Conscious effort is all that is required. Nothing else. So you do all the disciplines strictly and see what happens. If he has doubts, it is good for him. From this he will begin to question himself and that is Swadhyaya (Self study)

There are choices we must make.Always the choice is yours to take. No one is going to tell you right from wrong. When you are given such clear guidance there NEED BE NO QUESTIONS ABOUT THIS.

Remember always to forgive as you have been forgiven. Shree forgives all. So you must strive for that daily. There is nothing higher in a person. Forgiveness is such a virtue.

If you do all these things that I tell you, meditation timings, all disciplines, mantras you will go into right ways of thinking. Proper diet is very important for you, for all. It should not be taken lightly. Go ahead with your cleansing fast as you planned. You may have to adjust a little here and there. You can begin after a few days. Eat properly before fasting.

Answers you seek always in meditation you will find.

(US Satsang, Vol XI, No. 24, May 3, 1984)

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From Vasant's Correspondence

We are in a time 'Frame' that is actually shortened by disharmony of natural resources and therefore diseases run rampant. Protection comes through Agnihotra, yajnya, and meditation programs. Many people will come in coming years. Although many will succomb to diseases widespread you will not suffer. I tell you this because you are so highly blessed. We must care for you. Even now you can come up.

It is so simple to ignore truth. Yet, although it is difficult to break bad habits and form new ones, in the long run it is natural or easy to maintain.

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Diet and exercise now are very important.
It is my duty to tell you these things. We only want the best for you. Do not worry. Fear freezes the situation and nothing can be done then. So do good action and do disciplines carefully. Then everything comes.

Your hasband is totally undisciplined now but do not look down upon him. Because you have gotten some strength do not act haughtily. That is how you lose it. So try and keep all meditation timings and you will notice change in atmosphere in just a few days.

If people come late for meditation start on time anyway. Then when they come explain the importance of the timings. Perhaps better to have them meet at night as they do at Agnohotra House at 7:30. Then all have a chance to be there and you close with 9:00 meditation.

Concentrate on your work whether it be with children or writing letters, having meditation groups-whatever it is concentrate on that and don't jump from one to the other without letters, then during that time do not make phone calls or anything else. Then when you are with the children concentrate on the children like that. Total concentration leads to awareness of each situation. Then you can be clear in your thoughts and your actions in every situation.

Things told in advance now will come true quickly. There is no time for lengthy explanations. Experience alone is sufficient.

Quickly the word pyramid fire leading i.e. Agnihotra must spread. Above all we must respect others and take time to be helpful to others. People will just come. You know they will when you are more disciplined. The same old patterns emerge when you become lax in your discipline. This is cheating others out of their benefits as well as yourself.

It is important that you keep discipline timings for meditation.

Best way to get out of bad habits is to do good habits. Gradually the bad habits are replaced and fall away.

Observe carefully all the disciplines, shower it possible before morning and evening Agnihotra. Then clearly everything will come to you.

(US Satsang, Vol. XII, No.I, May 17, 1984)

AGNIHOTRA MAKES FRONT—PAGE NEWS IN KERALA

Barry Rathner

The week of April 5-11, 1984 proved to be an auspicious one for the Trivandrum (Kerala) area as it marked not only the seven day Somayag fire that was held there but also a great spread of Agnihotra and Homa Therapy.

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An invitation had been received at International Homa Therapy Research Institute (Shivpuri, Akalkot) from Akhila Kerala Veda Sastra Parishat requesting that literature explaining the scientifc aspects of Homa be dispatched to the Somayag committee and that if possible some Homa Therapy teachers should attend. They had heard of our research from an article which appeared in THE HINDU newspaper (Madras) three years ago.

Mr. S.D. Gandhe of Pune and myself prepared boards and literature in English and Malayalam languages and proceeded to Kerala via Akalkot.

The response to Homa Therapy was superb. Within three days we had sold all of the 70 copper Agnihotra pyramids we had taken with us as well as the many books on various aspects of Homa Therapy. More than 2,000 Agnihotra pamphlets were sold. Newspaper articles about our work with our photos appeared in five different newspapers including front-page stories in INDIAN EXPRESS (Cochin edition) and some Malayalam dailies.

Some people who had seen the articles came hundreds of miles just to see us. One man from Cochin refused to leave Trivandrum until we sold him a copper pyramid. Though we told him our supply was exhausted and that he could order one from Shivpuri or pay us now and we would send it to him by post -- as many others did --- he was adamant in his request to have one immediately so that he could begin daily Agnihotra at once. Finally I agreed to allow him to purchase my personal pyramid.

People were so interested in what one newspaper called our "mini-Yajnya" (Agnihotra) that we hardly stopped teaching from sunrise until hours after sunset. We explained how bigger Yajnyas as the Somayag are done only occasionally and require much time, training and expenditure. Agnihotra on the other hand which is the basic form of Yajnya, can be done by anyone at virtually no cost and requires hardly 20 minutes daily. So the people of Kerala learned that they themselves could do a powerful Homa in their own homes.

We decided to take advantage of another Kerala invitation extended to us last year and then visited Kottayam District. This is one of four districts in Kerala that are suffering from Coconut Root Wilt disease which threatens to wipe out the entire growth of coconuts. Indeed in the past 20 years,

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some areas have experienced a nearly 60 per cent reduction in harvested coconuts. In what otherwise is one of the most beautiful areas of India, it is sad to see trees bearing no coconuts in some cases, others with dried up ones and nearly all with their leaves turning brown.

Some people from Kerala met us in U.S.A. last year and requested us to visit Kottayam as they had heard of experiments done in many countries with Homa Therapy Farming methods. Just as now people in West Germany are expressing interest in Homa as a way to stop the mass dying of Spruce and Fir trees in their country, now in Kerala trials will begin using Agnihotra and Homa for the same purpose.

After distributing pyramids to those who wished them in Kottayam and delivering one lecture to a meeting of the Friends of the Trees organization, we visited the Government Coconut Research Station to share with them details of Homa therapy for reversal of plant disease.

A highpoint of our Kerala tour were our visits to the 5,000 person Harijan colony, Chengalchoola, in Trivandrum. An audience of nearly 100 attended our sunset Agnihotra performance and talk. Two men purchased copper Agnihotra pyramids. As always the sincerity and humility of these people made a great impression. One can see how Shree's Grace has been bestowed on these poorest of the poor.

We gave a talk to a group of teachers and students at the Government Ayurvedic College in Trivandrum. We showed the slide show of Agnihotra Ash Medicines that was prepared in Germany. We spoke of how Homa Therapy is from the "lost science of Ayurveda" as perhaps 99% of the science has been lost and barely 1% is known today.

We then departed for Thapovarishtashramam (Vandithavalam) in Palghat District to which place we had been invited by the Swami and disciples of this lovely, rural ashram. Initially when we met in Trivandrum the Swami explained that since they do "Prana-Agnihotra", some practices including intensive Pranayama, they did not feel the necessity for dong an external Agnihotra also. I merely said that we do Agnihotra Yajnya not only for ourselves but for the many others who automatically benefit by the vast changes in the atmosphere brought about by it. I said also that a one week trial would explain more than anything we could possibly say on the topic.

As we were to depart the ashram, the Swami requested for our last remaining copper pyramid.

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Mr. Gandhe and I were happy that we took the oportunity to visit Kanyakumari, the southrnmost tip of India. There we performed Vyarhuti Homa on the Swami Vivekenanda Rock and sunrise Agnihotra along with the hundreds of tourists who had come to view sunrise. We put Agnihotra ash into the three seas that converge there.

I was struck at one point while looking at a map of India how similarly situated the state of Kerala is in India compared to Chile in South America. Both are narrow strips of land on the Western coasts of the sub-continent and continent of which they are part. Now perhaps Kerala will come up as a great place of healing through Homa Therapy as Chile has.

A sampling of what some newspapers had to say about our visit to Trivandrum.

1) Malayala Manorma : April 8, "There a Mini-Yaga"

"Chanting of Rigveda by pandits are echoed in the outside the Yagasala, the incense from the holy fire pits rising to a great height, the entire area engulfed by pleasing smell and in the midst of all this, two gentlemen conduct Agnihotra in the adjoining area to the Yagasala.

This mini-Yaga which has become a centre of attraction was not done by any Brahmin Pandits from Shukapuram or Panhal. One is an American national Mr. Barry Rathner and the other Mr. S.D. Gandhe, a Maharashtrian. They have put up a stall with a number of charts and literature explaining the wonderful effect of Agnihotra on the atmosphere, human beings, animals and plants.

Mr. Barry and Mr. Gandhe were serious in expressing that Somayaga has very high scientific meaning .....The pity is that we do not ponder over the scientific sense of those important matters".

2) Indian Express (Cochin) April 7, (front page) "No Mumbo Jumbo This"

"Yagas and homas are not mere mumbo jumbo whose result cannot be measured in human terms. They are not the antithesis of science either, as believed by some.

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According to Barry Rathner, an American researcher, who is here to study the Soma Yaga, they are the gifts given to humankind from ancient science.

Rathner, currently attached to Poona University, believes that yagas and Homas have a threefold effect medicinal, psychological and botanical.

The 37 year old former journalist exhibited a number of books and pamphlets produced by researchers to prove the theory. According to a publication of the International Homa Therapy Research Institute (Under construction : editor) in Maharashtra, combinations of Agnihotra atmosphere and Agnihotra medicine are excellent cures for ailments ranging from sinusitis, skin fungus and swelling of the ankle to herpes and even rectal cancer.

Quick pollination, early germination and qualitative and quantitative improvement in yield are the results the Homa produced on the botanical side.

He doesn't create fire for the Homa by churning peepul wood as in the case of the Soma Yaga. He just puts a lighted match to the mixture."

One controvertial aspect of the Somayag was the question of whether they were going to use animals as sacrifices. As soon as we arrived in Trivandrum, Mr. Gandhe and I set out to find the answer to this most important question. After some persistent questions on our part, we were finally told that this would not be done. Unfortunately an article written before the Somayag in one newspaper stated that the killing would be done. Furthermore, when the decision not to do this was announced some misguided persons objected citing the fact that since thousands of animals are slaughtered daily for eating purposes, why shouldn't we allow a couple of animals to be killed for holy Yajnya? Another statement heard was that since animals are killed for scientific research, this further gives precedent or rationale for flesh and blood Yajnyas.

Mr. Gandhe and I were quite vocal to the members of the press, organizers of the Somayag and to the priests about the absolute restriction on killing of animals in Yajnyas. Not even a substitute for the actual killing should be permitted as even the thought or intention in this manner gives negative effects.

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The following is an excerpt from an article prepared by Mr. Gandhe, "Yajnyas Prescribed By Vedas" which was circulated to all newspapers in the Trivandrum area in an effort to clarify the issue of strict prohibition of flesh and blood Yajnyas

Vedas prescribe Satvik Yajnyas. How does the most honoured noble scriptures like Vedas prescribe Ahimsa as a Divine virtue and at the same time killing of some animal in Yajnyas? How do these contradictory statements go together? Vedas never prescribed animal killing-not even substitute-in Yajnyas. Slaying of thousands of animals for dining table purposes, and for some scientific experiments cannot support killing of animals in Yajnyas. In fact all the scriptures give Ahimsa (non-killing) as a Divine virtue, and never support any sort of killing. Instead they prescribe frutis, vegetables, herbs, foodgrains cow's ghee, honey etc.

Killing of animals for medical research furthermore is itself controvertial and even when advocated is an unfortunate side effect of research, Purposeful killing for Yajnyas using this rationate is irrational.

It can be commonly understood that anything put in fire has direct impact on atmosphere. Already the atmosphere surrounding the planet is heavily charged with violence, greed, hatred, jealously etc. We want no more pollution of atmosphere by means of conducting non-Vedic Yajnyas.

It is interesting to study the history of Fireworship, "The purification of the atmosphere consequent of Yajnya was widely acknowledged in ancient times. Its potency as an antipollutionary measure was common knowledge. Its effect on mind was experienced by ancient civilizations. The jews used to call the offerings to fire sacrifice KORBAN. However in later periods of history we find that these meaningful fire purification exercises were lost. In the course of time there were many interpolations. Offerings of animal flesh and blood into fire were introduced. This was termed fire sacrifice. The word 'Sacrifice' comes from the Latin word 'Sacre' which means sacred. Thus the original concept of the purification which became fire worship in later years came to be known as fire sacrifice. The idea of purification and worship is indicated by the term sacrifice even though flesh and blood offerings were introduced. How can there be any sacredness based on slaughter of animals? However the wrong tradition continued for many centuries. Not only was the purification effect absent but there was utter deterioration of the atmospheric concept. This had a

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terrible impact on human mind. Things started deteriorating en masse. This had exactly the opposite effect of what is described by the Vedas. The vitiated air correspondingly vitiated the mind. In such an atmosphere all the attempts at spiritual practice are thwarted.

The deteriorated form of fire sacrifice with flesh and blood offerings became a universal phencmenon. The resultant karma made matters worse for mankind. Several Divine messengers came to set things right when the Eternal Principals of Religion, given first through the Vedas, were trampled upon in such a large scale''. ('Grace Alone' - V.V. Paranjpe).

Gotama, the Buddha was an Avatar who strongly protested the offerings of animal flesh into Yajnya. At the same time he supported the scientific Yajnyas prescribed by the Vedas. At the time of Buddha animal secrifices were rampant throughout the country and had reached saturation point. The priest class for their selfish motives or to please the warrior class distorted the meanings of some words. Thus it started the tradition of Tamasik or non-Vedic Yajnyas Buddha once said to his disciples, ''Formerly there was no killing in Yajnyas. Neither Cows, nor goats were slaughtered in Yajnyas. The Yajnyas were of pure nature. Gods blessed such Yajnyas. All the time people practiced austerity. Their requirements were very few. Therefore there was peace and prosperity everywhere. People had long and healthy lives. There were only three diseases with them - oldness, hunger and thirst. Later the animal killing was introduced in Yajnyas and continued thereafter, which increased the number of disceses to 98''. - (Dhammasutta).

Bhagwan Mahavira was contemporary to Buddha, who also stressed Ahimsa for the same reason.

From 'Ramayna' and 'Mahabharata' instances can be seen, which support non-killing in Yajnyas. The mission of Avatar Rama was to protect Yajnyas, that was being spoiled by demons by throwing flesh and blood into Yajnya fire. Purana, Smritis, Yoga sutras also support Ahimsa, and non killing in Yajnyas. By twisting the meaning of words ''Aja'' for ''Pashubandha'' killing in Yajnya was introduced. Taittariya Samhita says ''Agni was pashu, Vayu was pashu, Surya was pashu''.(5.7.26). But the meaning of ''Pashu'' was twisted to mean animal or quadruped. Same when Almighty Father is described as ''Aja''. Atharvaveda says, ''Aja means Agni, Aja Means Flame, Aja is Divine light of knowledge''. (9.5.7).

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But the meaning of "Aja" was twisted to mean the goat. Many such quoations can be given from which it will be easily seen that nowhere killing of animals (not even flour substitute) is stated. Some Sanskrit words have different meanings. To realise the correct reading between the lines, the Tapas (Penance) are necessary.

In Nighantu, there are 16 different names given to Yajnya. Those are as follows : Yajnya, Ven, Adhwar, Medha, Vidhatha, Narya, Savanam, Hotra, Ishti, Devatata, Makha, Vishnu, Indu, Prajapatti, Dharma and Kratu. None of these names suggest any killing in Yajnya. One of the names is "Adhwara". "Dhwara" means himsa (Killing). Apparently the function in which there is no killing is called "Adhwara". Adhwaryu - The Chief priest - is the name derived from Adhwara only. Aitareya Bramhana clearly states that man horse, bullock, cow, goat, she goat are not to be offered in Yajnya fire, but the specified grains, cereals are worth offering in Yajnya fire. "Ashwamedha" is a Yajnya which is referred to for progress of a nation using intelligence (Medha). Though Ashwa means horse, this does not mean sacrificing the horse.

Vedas prescribe Yajnyas for the purification of the atmosphere, therby purifying the vital force "Prana". The purificatory effect then automatically goes to the realm of mind. Thus the mind becomes pure, free from tensions,

Anything burnt in fire has specific impact on the surrounding atmosphere. This can be checked by means of scientific instruments. The effect on micro level through the fire goes to the macro level. The effect on subtle level through the fire is magnified thousands of times. Therefore we should be careful about the offering in Yajnys. Even a substitute for animal a feeling of slaying is there, so substitute must also be avoided. I have attended three Somayagas and one Vajapeya Yajna in Maharashtra. In none of these Yajnas either Pashubandha or substitute was ever introduced.

Yajnya is meant for the welfare of society so every human must have a free access to Yajnya place for service. For different Yajnyas different offerings are specified. With certain disciplines for daily Yajnya viz. "AGNIHOTRA", raw rice mixed with cow's ghee is to be used. For other Yajnyas that are conducted occasionally some fire woods, cereals, grains, cows milk, cows ghee, honey etc. are specified.

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THE SUN HAS RISEN ON A NEW ERA

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